

A Lonely Night

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Easy Improver
编舞者: Sebastiaan Holtland (NL) - December 2016
音乐: Unpredictable - Olly Murs : (CD: 24 HRS Deluxe 2016)



Introduction: 16 Counts when the beat starts, Start on approx 09 sec.

Part I. [1-8] Hitch R, Kick R, ¼ Pivot Turn L, Cross, ¼ Turn R, Back, Coaster Step R.

- 1-4 Hitch R knee up, Kick R forward, Step R back in place forward, Pivot ¼ turn L (9) onto L.
- 5-6 Step R across L, Making ¼ turn R (12) step L back.
- 7&8 Step R back, Step L beside R, Step R forward.

PART II. [9-16] Step, Pop R, Replace, Pop L, Replace, Pop R, Replace, Pop L, ¼ Turn L, Replace, Hitch, Big Side Step, Together.

- 1-2 Step L forward and pop R knee forward, Step R back in place and pop L forward.
- 3-4 Step L back in place and pop R forward, Step R back in place and pop L forward.
- 5-8 Making ¼ turn L (9) and step L back in place slightly forward, Hitch R knee up, step R big to R, Step L beside R.

PART III. [17-24] Swiveling Heel & Toe Splits, 1/8 Turn L, Knee Lift L, Step, Lock, Step, 1/8 Turn L, Step, Lock, Step.

- 1-2 Split both heels out to side (1.), Split both toes out to side over heels (2.).
- 3-4 Split both heels out to side over toes (3.), Making 1/8 L (7.30) hitch L knee up (4.).
- 5&6 On diagonal step L forward, Lock R behind L, Step L forward.
- 7&8 Making 1/8 turn L (6) step R forward, Lock L behind R, Step R forward.

PART IV. [25-32] Point Fwd, Back, Back, Heel Pivot ¼ R, Jump Both Feet Apart with ¼ Turn R, Heel Bounce, ½ Pivot Turn L.

- 1-4 Point L forward, Step L back, Step R back, Making ¼ turn R (9) over both heels taking weight onto L.
- &5&6 Making ¼ turn R (12) jump both feet apart slightly forward (&5), Heel bounce on both feet, Taking weight onto L.
- 7-8 Step R forward, Pivot ½ Turn L (6) onto L. *restart*

Restart here in Wall 2 after 32 counts, after start again (12 o'clock).

PART V. [33-40] Syncopated Kicks R, L, ¼ Pivot Turn L, Heel Switches R, L, Together, Body Roll Up.

- 1&2& Kick R across forward, Step R back in place slightly to R, Kick L across forward, Step L back in place slightly to L.
- 3-4 Step R forward, Pivot ¼ Turn L (3) onto L.
- 5&6& Touch R heel diagonal forward, Step R back in place, Touch L heel diagonal, Step L back in place
- 7-8 Step R beside L and make a body roll up with bending knees take weight onto L.

PART VI. [41-48] Hitch & Cross, Side & Point Diag, Hold, Replace, Diamond ¼ Turn R.

- 1&2 Hitch R knee up across L, Step R back in place slightly to R, Step L across R.
- &3-4 Step R slightly to R, Point L diagonal forward, Hold.
- &5&6 Step L back in place, Step R across L, Making 1/8 R step L to L, Step R back (4.30)
- 7&8 Step L back, Making 1/8 turn R (6) step R to R, Step L forward

REPEAT DANCE AND HAVE FUN!!

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