

# Lonely

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Intermediate  
编舞者: Mark Simpkin (AUS)  
音乐: She's About As Lonely As I'm Going to Let Her Get - Brooks & Dunn



## **TOUCH, KICK BALL CROSS, SCUFF, SIDE SHUFFLE, CROSS, UNWIND FULL TURN RIGHT**

- 1-2&3-4      Touch right toe beside left, kick right forward, step down on right, cross left over right (kick ball cross), scuff right
- 5&6-7-8      Step right to right side, step left together, step right to right side, cross left over right, unwind full turn on right

## **SIDE SHUFFLE TO LEFT, ROCK BACK, REPLACE, SIDE SHUFFLE RIGHT, TOUCH LEFT BEHIND, UNWIND $\frac{3}{4}$ TURN LEFT**

- 1&2-3-4      Step left to side, step right together, step left to side, rock back on right, replace weight on left
- 5&6-7-8      Step right to side, step left together, step right to side, touch left behind, unwind  $\frac{3}{4}$  turn left (weight on left)

**Restart from here on wall 5**

## **FORWARD ROCK, REPLACE, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN, RIGHT COASTER STEP, FORWARD LEFT SHUFFLE**

- 1-4      Rock forward on right, replace on left, making  $\frac{1}{2}$  turn right step forward on right, making  $\frac{1}{2}$  turn right step back on left
- 5&6-7&8      Step back on right, step together on left, step forward on right, step forward on left, step together on right, step forward on left

## **FORWARD ROCK, REPLACE, TOGETHER, KICK, KICK, TOGETHER, STEP $\frac{1}{4}$ PIVOT TURN, HOLD, BALL, CROSS**

- 1-2&3-4      Forward rock on right, replace weight on left, step together on right, kick left foot forward twice
- &5-6-7&8      Step together on left, step forward on right,  $\frac{1}{4}$  pivot turn left (leave weight on right), hold, step on left, cross right over left

## **SIDE, REPLACE, BEHIND, SIDE, CROSS, BEHIND, SIDE, BALL, $\frac{1}{4}$ TURN LEFT, BACK**

- 1-2-3&4      Step left to left side, replace weight on right, step left behind, step right to side, cross left over right
- 5-6&7-8      Replace weight on right, step left to side, step right together, making  $\frac{1}{4}$  turn left rock forward on left, rock back on right

## **LEFT COASTER, PIVOT $\frac{1}{2}$ , TURN $\frac{1}{2}$ , BACK, BACK, HOLD, BALL, STEP**

- 1&2-3-4      Step back on left, step together on right, step forward on left, pivot  $\frac{1}{2}$  turn right, making  $\frac{1}{2}$  turn right step back on left
- 5-6-7&8      Step back on right, step back on left, hold, step together on right, step forward on left

**REPEAT**

**RESTART**

On wall 5, dance the 1st 16 counts, and then start again