

Lonely Girl

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: David J. McDonagh (WLS)
音乐: Lonely Girl - Sandi Thom

墙数: 3

级数: Intermediate/Advanced



The dance is never danced during the back wall, due to the restarts

Intro: 56-Count, on the word "I". For example, "And llllllllll", approx. 25 seconds into track

LUNGE (SWAY), UNWIND WITH POINTING

- 1-2 Lunge left to left side (leaning over left leg), start recovering weight on right
 - 3-4 Recover weight on right (straightening up), slide/touch left next to right
 - 5-6 Step left to left side, cross step right behind left
 - 7 Unwind $\frac{3}{4}$ turn right (keeping weight on left), (9:00)
 - 8 Touch right to behind left and pointing to left (towards the back wall)
- Counts 7 and 8 should be smoothed together, unwinding that turn over the two counts and discretely managing to touch right behind left, turn head towards back wall also

SWEEP / SWING, ROCK STEP, $\frac{1}{4}$ TURN, DIAGONAL STEP

- 1-3 Over three counts, sweep right toe in an arc to the left ending with right over left (no weight)
- 4 Complete this reversed ronde sweep by turning $\frac{1}{4}$ left stepping forward on the right foot, (6:00)
- 5-6 Rock forward on left, recover weight onto right
- 7-8 Turn $\frac{1}{4}$ turn left and step left to left side, step right forward to left diagonal, (1:00)

KICK, $\frac{1}{2}$ TURN HOOK, STEP-HOOK, UNWIND ($\frac{1}{4}$ & $\frac{1}{8}$) TURN, CROSS-POINT

- 1 Kick left forward, (1:00)
- 2 On ball of right: turn $\frac{1}{2}$ turn left, hooking left over right shin, (7:00)
- 3-4 Step forward on left, hook right foot behind left knee
- 5-6 Keep right hooked behind left knee and over two counts and on ball of left: turn $\frac{3}{8}$ turn left, (3:00)
- 7-8 Cross step right over left, point left toe to left side

REVERSED RONDE WITH TURNING AND POINTING, AND-STEP-LOCK, UNWIND $\frac{3}{4}$ TURN

- 1-4 Keep weight on ball of right, over four counts: rotate $\frac{1}{2}$ turn (or 1 and $\frac{1}{2}$ turns) over left shoulder - keeping that left toe pointed out to the side, sweeping it around with you as you complete that turn, (9:00)
- &5-6 Step left beside right, step forward on right, cross-step left behind right, (12:00)
- 7-8 Over two counts: unwind $\frac{3}{4}$ turn left (weight ending on left)

KICK-CROSS, REVERSED $\frac{1}{2}$ PIVOT, AND-STEP, HITCH-TURN, STEP

- 1-2 Kick right forward, cross-step right over left
- 3-4 Touch left back pivot $\frac{1}{2}$ turn left, (6:00)
- &5 Step left beside right, step forward on right
- 6-7 On ball of right and over two counts: raise left knee while slowly turning $\frac{1}{4}$ turn left, (3:00)
- 8 Step left to left side

SLIDE, STEP-PIVOT-STEP, SLOW UNWIND / TWIST

- 1-2 Push off your left foot and take a large step right, sliding left beside right (weight on right)
- 3-5 Step forward on left, pivot $\frac{1}{2}$ turn right, step forward on left, (9:00)
- 6-8 On balls of both feet, and over three counts, slowly unwind $\frac{3}{4}$ turn right (feet ending crossed, with right over left and end by twisting upper body to the right), (6:00)

SPIN, WALK WITH TURNING ½, TOUCH

1-4 On ball of right and over four counts: spin once, twice or thrice over left shoulder ending by swinging that left foot out to left side, (6:00)

If it helps, hitch the left knee while completing that turn

5-7 Turning ½ turn left: complete three walks: left, right, left, (12:00)

8 Touch right beside left

WALK-WALK, ¼ SIDE STEP, HINGE TURNS

1-2 Step forward on right (slightly crossing in front of left), hold / pause

3-4 Step forward on left (slightly crossing in front of right), hold / pause

& Turn ¼ turn left and step right to right side, (9:00)

5 Hinge turn: on ball of right - turn ½ turn over left shoulder and step left to left side, (3:00)

6 Hold / pause

7 Hinge turn: on ball of left - turn ½ turn over left shoulder and step right to right side, (9:00)

8 Hold / pause

You can clearly hear the down beats of the music, so ignore those fast hold counts and step on those five low-toned piano keys. Those counts feel like: 1, 2, &(hold), 3, 4. It's an odd one, but the music does explain

REPEAT

TAG

After wall 2, transfer the weight onto the left foot (57-64 &), then repeat the final 8 counts of the dance (57-64). This is also where you'll be missing out the back wall

During wall 4, dance up to counts 49-56 and start the dance again. You'll be facing the front originating wall. Also, to make this work, instead of touching right beside left (count 56), step right beside left for a weight transfer to start the dance again on the left foot

OPTIONAL ENDING

After wall 5, simply repeat the last 16 counts of the dance 49-64
