

The Lonely Heart

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Intermediate/Advanced
编舞者: Don McRitchie (AUS)
音乐: Somewhere Between - Suzy Bogguss



LEFT BACK LOCK, RIGHT BACK LOCK

1-3 Step diagonally back left on left, lock right in front of left, step back diagonally left on left
4-6 Step diagonally back right on right, lock left in front of right, step back diagonally right on right

¼ TURN LEFT, TOGETHER, ¼ TURN LEFT, FORWARD

7-9 Making ¼ turn left step left to the side, step right beside left, making ¼ turn left step left forward

ROCK BACK, ½ TURN LEFT, TOGETHER, FORWARD WALTZ STEP

10-12 Rock back on right, making ½ turn left step left forward, step right beside left
13-15 Waltz forward left-right-left

BACK, ½ TURN LEFT, FORWARD, LOCK

16-17&18 Step back on right, making ½ turn left step forward on left, step right slightly in front of the left, on the balls of both feet make ½ turn left and lock left in front of right

This is a tight lock in place, now facing 12:00

¼ TURN LEFT, SIDE, DRAG, FORWARD, FORWARD LOCK, FORWARD

19-21 Making ¼ turn left step back on right, step left to the side, drag right beside left (no weight)
22-23&24 Step forward on right, step forward on left, on the & beat lock right behind left, step forward on left

FORWARD, ½ TURN RIGHT, ROCK

25-27 Step forward on right, making ¼ turn right step left to the side, rock right in place

FRONT CROSS, SIDE, BACK CROSS

28-30 Cross left in front of right, step right to the side, cross left behind right (ending weight on left)
31-33 Recover weight on to right, step left to left side, cross right behind left (weight ending on right)

RECOVER, SHUFFLE RIGHT

34-35&36 Recover weight on to left, shuffle right right-left-right,

CROSS, SIDE BEHIND

37-39 Cross left in front of right, step right to the side, step left behind right (ending weight on left)

RECOVER, SHUFFLE LEFT

40-41&42 Recover weight on to right, shuffle left (left-right-left)

ROCK FORWARD, BACK, ½ TURN RIGHT, & WALTZ FORWARD

43-44-45 Rock forward on to right, rock back on left, making ½ turn right step forward on right

& FORWARD LEFT-RIGHT-LEFT

&46-48 On the & beat step left beside right, waltz forward right-left-right

REPEAT

TAG

At the beginning of the 4th wall, facing the back

SAILOR STEPS

1-3 Step left behind right, step right to the side, step left in place

4-6 Step right behind left, step left to the side, step right in place

1-6 Repeat the last 6 steps

Begin the dance again

FINISH

To finish at the front, dance the first 6 steps of the dance, cross left behind right and slowly unwind $\frac{1}{2}$ turn left to finish facing the front

Ballroom dancers may find steps 17&18 easier to do as a reverse heel turn and a backward turning lock followed by the hesitation drag
