

Lonely Lady

COPPER KNOB
STEPSHEETS

拍数: 66 墙数: 4 级数: Intermediate / Advanced
编舞者: Jan Wyllie (AUS)
音乐: A Woman Gets Lonely - Lisa Angelle



- 1-2&3-4 Rock/step forward on right, rock back on left, step right beside left, step forward on left, pivot ½ right (weight right)
- 5-6&7-8 Rock/step forward on left, rock back on right, step left beside right, step forward on right, pivot ½ left (weight left)
- 9-10-11-12 Step back on right, making ½ left step forward on left, rock/step forward on right, rock back on left
- 13-14 Make a full turn right back over right shoulder stepping right, left
- 15&16 Make a further ¼ turn right shuffle slightly to the right (right, left, right)
- 17-18-19&20 Rock/step forward on left, rock back on right, shuffle back left, right, left
- 21-22-23&24 Rock/step back on right, rock forward on left, shuffle forward right, left, right while making ½ turn left
- 25-26-27&28 Rock/step back on left, rock forward on right, shuffle forward left, right, left while making ½ turn right
- 29-30-31-32 Rock/step back on right, rock forward on left, step forward on right, pivot ¼ left transferring weight to left
- 33-34 Step forward on right, tap left behind right
- &35&36 Step back on left, tap right heel forward, step forward on right, tap left behind right (heel jack)
- &37-38 Step back on left, tap right heel forward, tap right heel forward
- &39-40 Step right beside left, step forward on left, pivot ¼ right transferring weight to right
- 41&42& Step left over right, step right to right, step left over right, step right to right (cross shuffle)
- 43-44& Cross/ rock left over right, rock back on right, step left slightly left
- 45-46& Cross/rock right over left, rock back on left, step right slightly right
- 47-48 Step forward on left, pivot ½ right transferring weight to right
- 49-50-51-52 Walk forward left, right, rock/step left to left, step right to right and slightly back
- 53&54 Step left across right, step back on right at right diagonal, step left to left diagonal
- 55&56 Step right across left, step back on left at left diagonal, step right to right diagonal
- 57&58 Step left across right, step back on right at right diagonal, step left to left diagonal
- 59-60 Step forward on right, pivot ½ left transferring weight to left
- 61-62 Rock weight back on right, making ½ turn left back over left shoulder step forward on left
- 63&64 Shuffle forward right, left, right
- 65&66 Shuffle forward left, right, left

REPEAT

RESTART

On the 2nd wall, just dance up to the cross rock at count 44& and start the dance again.