

# Lonely Too Long

**COPPER KNOB**  
BY STEPHENETS

拍数: 64      墙数: 2      级数: Improver  
编舞者: Lyn Cooper, Karen Norris (AUS) & Renata Yates (AUS)  
音乐: Don't Leave Her Lonely Too Long - Gary Allan



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## ROCK BACK, ROCK FORWARD, RIGHT SHUFFLE FORWARD, ROCK FORWARD, ROCK BACK, ½ LEFT SHUFFLE

1-2-3&4      Step back on right, rock forward on left, right shuffle forward stepping right-left-right  
5-6-7&8      Rock forward on left, rock back on right, turning ½ left shuffle stepping left-right-left

## PIVOT ½ LEFT, BRONCO, VINE TO RIGHT SIDE & HITCH LEFT

1-4      Step right forward, pivot ½ turn left, touch right toe to right side, hitch right across left knee  
5-8      Step right to right side, step left behind right, step right to right side, hitch left

## VINE TO LEFT SIDE WITH ¼ TURN LEFT, HITCH RIGHT VINE TO RIGHT SIDE WITH LEFT 45

1-4      Step left to left side, step right behind left, step left ¼ turn left, hitch right  
5-8      Step right to right side, step left behind right, step right to right side, touch left heel at 45 degrees left

## RIGHT 45, LEFT 45, HEEL SWITCHES, HOLD & CLAP

1-4      Step left together, touch right heel 45 degrees right, step right together, touch left heel 45 degrees left  
&5&6      Step left together, touch right heel 45 degrees right, step right together, touch left heel 45 degrees left  
&7-8      Step left together, touch right heel 45 degrees right, hold & clap

## SIDE SHUFFLE RIGHT, ROCK BACK, ROCK FORWARD, SIDE SHUFFLE LEFT, ROCK BACK, ROCK FORWARD

1&2-3-4      Shuffle to right side stepping right-left-right, step back on left, rock forward on right  
5&6-7-8      Shuffle to left side stepping left-right-left, step back on right, rock forward on left

## RIGHT HEEL GRIND, ROCK BACK, ROCK FORWARD, PIVOT ½ LEFT, PIVOT ¼ LEFT

1-4      Touch right heel forward, grind right heel, step back on right, rock forward on left  
5-8      Step forward on right, pivot ½ left, step forward on right, pivot ¼ left

## HIP PUSHES

1-8      Two right hip pushes, two left hip pushes, push hips right-left-right-left

## 2 X CROSS HEEL GRINDS, CROSS UNWIND ½ LEFT, 2 X HEEL BOUNCES

1-4      Step right heel across in front of left & grind right heel, step left to left side, repeat  
5-8      Step right across left, unwind ½ left, bounce heels twice

## REPEAT

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