

Waltz Lonely

COPPER KNOB
STEPPERS

拍数: 48 墙数: 4 级数: Improver
编舞者: Betsy Baugess (USA)
音乐: Lonely Too - Lee Ann Womack



ROCK RIGHT, STEP LEFT, RIGHT ; ROCK LEFT, STEP RIGHT, LEFT ; ¼ LEFT TURN, REPEAT

- 1-2-3 Rock out to the right ; step left behind right; step on right
- 4-5-6 Rock out to the left ; step right behind left; step on left
- 7-8-9 Turning ¼ left -- rock out to the right ; step left behind right; step on right
- 10-11-12 Rock out to the left ; step right behind left; step on left

ROCK RIGHT, LEFT, CROSS; ROCK LEFT, RIGHT, CROSS

- 1-2 Rock out to the right and back on the left
- 3 Step across right over left
- 4-5 Rock out to the left and back on the right
- 6 Step across left over right

ROLLING TURN RIGHT; CROSS LEFT, RIGHT, LEFT

- 1-2-3 Rolling 3-step full turn right
- 4 Cross step left over right
- 5-6 Step back right, then step on left

STEP LOCK STEP; FULL TURN; ROCK TURN STEP LOCK STEP

- 1-2-3 Forward step lock step - right, left, right
- 4-5-6 Full turn right, left, right, left
- 7-8-9 Rock forward on right, recover back on left, turning ½ right, stepping on right
- 10-11-12 Forward step lock step - left, right, left

ROCK, RECOVER, KICK; CROSS ROCK, STEP KICK; RIGHT SAILOR; LEFT SAILOR

- 1-2-3 Rock forward on right; recover on left; kick right forward
- 4-5-6 Cross rock right over left; recover on left; kick right forward
- 7-8-9 Sweep out into right sailor
- 10-11-12 Sweep out into left sailor

REPEAT

RESTART

After the instrumental section (4th wall), there's a 6-count bridge. Dance through this with the first 6 counts of the dance, and begin again
