What's Up Lonely?



拍数: 48 墙数: 4 级数: Intermediate

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音乐: What's Up Lonely - Kelly Clarkson



PRESS RIGHT TO RIGHT, SLIDE/TOUCH, SHUFFLE RIGHT, ROCK & STEP LEFT, SAILOR STEP 1/4 RIGHT

1-2 Long step right to right side (side press), slide & touch right next to left

3&4 Shuffle right - right, left, right

Step ball of left behind right, recover onto right, step left to left side
Step right behind left, step left to left side, step right ¼ turn right

STEP FORWARD LEFT, STEP FORWARD RIGHT, PIVOT ½ LEFT, SHUFFLE ¾ LEFT, ROCK BACK/RECOVER, STEP LEFT FORWARD

9-10-11 Step left forward, step right forward, pivot ½ turn left with weight to left

12&13 Shuffle ³/₄ turn left - right, left, right

14-15-16 Rock back on left, recover forward onto right, step forward on left

SHUFFLE FORWARD, STEP FORWARD LEFT, POINT RIGHT TO RIGHT, CROSS ROCK/RECOVER POINT TWICE

17&18 Shuffle forward - right, left, right

19-20 Step forward on left, point right to right side

21&22 Cross rock right over left (pump right shoulder up/left shoulder down), recover onto left, point

right to right side (pump right shoulder down/left shoulder up)

23&24 Cross rock right over left (pump right shoulder up/left shoulder down), recover onto left, point

right to right side (pump right shoulder down/left shoulder up)

Moving slightly forward on counts 21 to 24

CROSS SHUFFLE LEFT, STEP LEFT, SAILOR STEP, BEHIND/SIDE/CROSS, UNWIND ¾ RIGHT/POP RIGHT KNEE

25&26 Cross shuffle to left - right, left, right

27 Step left to left side

Step right behind left, step left to left side, step right to right side

Step left behind right, step on ball of right, cross step left over right

32 Unwind ¾ turn right and pop right knee

STEP, KICK/BALL, SHUFFLE FORWARD, ROCK/RECOVER, SHUFFLE 1/2 LEFT

33-34& Step right forward, low kick left forward, step down on left

35&36 Shuffle forward - right, left, right

37-38 Rock forward on left, recover onto right

39&40 Shuffle ½ turn left - left, right, left (or shuffle 1 ½ turn left - more difficult!)

WALK FORWARD RIGHT/LEFT, SWIVEL 1/2 RIGHT/SIT, POINT/LOOK BACK, STEP/BUMP, STEP/BUMP

41-42 Walk forward right, left

43 Swivel ½ turn right on balls of both feet while bending knees into sitting position - weight to

left

Point right toes forward while standing up - lean slightly back and look over left shoulder

45-46 Step right forward, hitch left knee slightly (so that foot is just barely off floor) and bump left hip

gently left

47-48 Step left forward, hitch right knee slightly (so that foot is just barely off floor) and bump right

hip gently right

REPEAT

RESTART

After 2 rotations (facing the back wall), do the first 16 counts and restart from the beginning.

TAG

After another 2 rotations (facing the front wall), do this 4 count tag and restart from the beginning.

1-2 Step right forward, hitch left knee slightly (so that foot is just barely off floor) and bump left hip

gently left

3-4 Step left ¼ turn left, hitch right knee slightly (so that foot is just barely off floor) and bump

right hip gently right