

# A Lonely Life

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Intermediate  
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音乐: Lonely Alone - The Forester Sisters



Intro, 32 counts from the word 'Careless'

**Rolling vine left, step right to right side, tap left beside right, rock left, rock right with 1/4 turn right**

1-2                    step left 1/4 turn left, make 1/4 left stepping right to right side

**(option to rolling vine, step left to left side, cross right)**

3-4                    make 1/2 left, stepping left to left side, tap right beside left,

**(behind left, step left to left side, tap right beside left)**

5-6                    long step to right side on right, tap left beside right,

7-8                    step and rock left to left side, rock right to right side with 1/4 turn right

**Shuffle 1/2 turn right, back rock, full turn left, 1/4 turn left.**

1&2                    shuffle 1/2 turn left, stepping left, right, left,

3-4                    rock back on right, recover on left,

5-6                    step fwd on right, pivot 1/2 turn left, step back on left, pivot 1/2 turn left,

**(option to full turn, walk fwd, right, left)**

7-8                    rock out to right side, recover on left with 1/4 turn left,

**Fwd lunge, lock steps back x 2, back rock.**

1-2                    lunge fwd on right, recover on left,

3&4                    step back on right, step left in front of right, step back on right,

5&6                    step back on left, step right in front of left, step back on left,

7-8                    rock back on right, recover on left,

**Side rock, 1/4 turn left, cross and 1/2 turn left, fwd rock, side rock.**

1-2                    step and rock right to right side, recover on left with 1/4 turn left,

3-4                    cross right over left, pivot 1/2 turn left,

5-6                    rock fwd on right, recover on left,

7-8                    step back on right, tap left beside right

**Begin again.**