# Mr. Lonely



拍数: 48 增数: 4 级数: Phrased Improver

编舞者: Tanja Enget (NOR) - January 2013

音乐: Lonely - Akon



#### Or. Want Ya by Darin

When dancing to "Want Ya!" by Darin, dance only part A

#### Part A (Chorus) - 32 counts

## SCUFF, KNEE TWIST, ROCK 1/4 TURN LEFT, 1/4 TURN RIGHT

1-2 Scuff right forward, Step right toe to side

3&4 Twist right knee in, out, in

5-6 ¼ turn left rock right foot back, rock left back

7&8 Cross right over left, turn 1/4 right and step left foot back, touch right heel forward

#### WALK, WALK, SHUFFLE HALF TURN RIGHT, BEHIND SIDE CROSS, STEP AND HOLD

&1-2 Step down on right, walk forward left, right

3&4 Shuffle half turn right

5&6 Cross right behind left, step left to side, cross right foot in front

7-8 Step left to left and hold (with attitude)

## HIP, RIGHT SAILOR STEP, LEFT COASTER STEP, LEFT ½ TURN

1-2 Push your right hip back and down (like you're sitting down), stand up

3&4 Right sailor step5&6 Left coaster step

7-8 Turn ½ left and step right foot back, step left back

#### HITCH & TOUCH, SWIVEL ½ TURN RIGHT, ¼ TURN RIGHT, DOWN AND UP

1-2 Hitch right knee, touch right to back3&4 Swivel on your left foot half turn right

5-6 Step onto your right foot while turning ¼ turn right and step left foot beside and sit down with

both hands on your knees, jump up with your feet slightly apart

7-8 Push your hip right, left

## Part B (Verse) - 16 counts

### PIVOT 1/4 TURN LEFT, RIGHT SAILOR STEP, BACK 1/4 TURN LEFT, 1/4 TURN, CHASSE

1-2 Step onto right, pivot ¼ turn left

3&4 Right sailor step

Touch left back, ¼ turn left¼ turn left and chasse to right

## CROSS AND HEEL X2, CROSS, HOLD, ½ TURN UNWIND

11&2 Cross left over right, step right slightly back, touch left heel forward

&3&4 Step onto left, cross right over left, step left slightly back, touch right heel forward

&5-6 Steponto right, cross left over right, hold

7-8 Unwind ½ right (weight to left

#### Enjoy!

Contact: tanja@rockback.no