

Only Lonely

拍数: 64 墙数: 2 级数: Improver
编舞者: Maria Hennings Hunt (UK) - July 2013
音乐: You're Only Lonely - JD Souther



Intro 32 counts

SIDE, CLOSE, SHUFFLE FWD, SIDE CLOSE SHUFFLE FWD

- 1-2 Step side LF, close RF to LF
- 3&4 Step LF forward, close RF to LF, step LF forward
- 5-6 Step side RF, close LF to RF
- 7&8 Step RF forward, close LF to RF, step RF forwards

ROCK STEP, BACK LOCK STEP, ½ TURN, WALK, WALK, SHUFFLE

- 1-2 Rock forward on LF, recover weight on RF
- 3&4 Step back LF, lock RF in front of LF, step back LF
- 5-6 Turn ½ over right shoulder, walk forward on RF, walk fwd LF
- 7&8 Step forward on RF, close LF to RF, step forward RF

* Alternative counts 5-8* Turn ½ right, full turn right stepping forward LF

ROCK STEP, COASTER STEP. JAZZ BOX ¼ TURN CROSS

- 1-2 Rock forward on LF, recover weight on RF
- 3&4 Step back on LF, close RF to LF, step LF forwards
- 5-6 Cross RF over LF, step back LF
- 7-8 Step RF to side turning ¼ right, cross LF over RF

¼, ¼ CROSS SHUFFLE, ¼, ¼ CROSS SHUFFLE

- 1-2 Turning ¼ L step RF back, turning ¼ L step LF to side
- 3&4 Cross RF over LF, step LF to side, cross RF over LF
- 5-6 Turing ¼ R step LF back, turning ¼ R step RF to side
- 7&8 Cross LF over RF, step RF to side, cross LF over RF

SIDE ROCK, BEHIND SIDE CROSS, SIDE, CLOSE, CHASSE LEFT

- 1-2 Rock RF to side, recover weight LF
- 3&4 Step RF behind LF, step LF to side, cross RF over LF
- 5-6 Step LF to side, close RF to LF taking weight on RF
- 7&8 Step LF to side, close RF to LF, step LF to side

JAZZ BOX CROSS, SIDE, CLOSE, CHASSE RIGHT

- 1-2 Cross RF over LF, step back LF
- 3-4 Step RF to side, cross LF over RF
- 5-6 Step RF to side, close LF to RF taking weight on LF
- 7&8 Step RF to side, close LF to RF, step RF to side

CROSS ROCK, CHASSE LEFT, WEAWE ¼ TURN LEFT

- 1-2 Cross LF over RF, recover weight on RF
- 3&4 Step LF to side, close RF to LF, step LF to side
- 5-6 Step RF across LF, step LF to side
- 7-8 Step RF behind LF, step LF ¼ turn left (6)

FWD ROCK, COASTER STEP, ROCKING CHAIR (OR STEP ½ TURN, STEP ½ TURN)

- 1-2 Rock forward on RF, recover weight LF
- 3&4 Step RF back, close LF to RF, step RF forward

5-6 Rock forward on LF, recover weight on RF
7-8 Rock back on LF, recover weight on RF

Contact: mariaahunt@aol.com
