

# Lonely Life for ME

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 2      級數: Low Intermediate  
編舞者: Karen Tripp (CAN) & Val Saari (CAN) - June 2019  
音樂: It's a Lonely Life for Me - Stephen Phillips : (Album: Vacate, EP - iTunes, Amazon)



**RESTART:** On wall 6 (you will be facing 6:00), dance 28 counts and restart from the beginning of the dance.

## **(S1) POINT FWD, POINT SIDE, SAILOR ¼ R, 2X (BACK, SIDE ROCK/REC) (3:00)**

1-2      Point Right toe forward, point Right toe to right side  
3&4      Turning ¼ R sweep Right behind left, step Left to left side, step Right next to left  
5&6      Step back on Left, rock Right to right side, recover weight to Left  
7&8      Step back on Right, rock Left to left side, recover weight to Right

## **(S2) L CROSS MAMBO 1/4 L, R SHUFFLE FWD, 2 L SIDE TOUCHES, REVERSE VINE W/ FLICK (12:00)**

1&2      Cross Left over right, Recover weight to Right, Turn ¼ left and step on Left  
3&4      Shuffle forward stepping Right, Left, Right  
5-6      Point Left toe to left side and tap twice  
7&8&      Cross Left behind right, Step on right, Cross Left over right, flick Right back

## **(S3) 2 BACK STRUTS, R SIDE MAMBO, 2 BACK STRUTS, L COASTER (12:00)**

1&2&      Step ball of Right back, drop heel, Step ball of Left back, drop heel  
3&4      Rock Right to right side, recover weight to Left, step Right in place  
5&6&      Step ball of Left back, drop heel, Step ball of Right back, drop heel  
7&8      Step back on Left, step Right next to left, step forward on Left

## **(S4) 2 FWD TURNING SHUFFLES ½ R (OPTIONAL FLICKS), STEP CHARLESTON (6:00)**

1&2      Turning one wall to the right, shuffle forward stepping R, L, R (option to Flick left back)  
3&4      Continue turning one wall to the right, shuffle forward stepping L, R, L ( option to flick Right foot back)

**\*\*RESTART HERE ON WALL 6 (Hint: Listen for the lyrics "Walking away from you was the hardest thing..." after the chorus, this is the start of Wall 6 facing 12:00.) You will be facing 6:00 for the restart.**

5-8      Step Right forward, touch Left forward, Step Left back, Touch Right back

**TAG (during instrumental section) (16 cts) :** At the end of Wall 2 facing 12:00, add the following 16 counts and return to 12:00.

## **(TS1) 4 PRISSY WALKS, 4 SWAYS (R, L, R, L)**

1-4      Walk forward crossing Right over, then Left over, then Right over, then Left Over  
5-8      Step right to side and Sway R, L, R, L

## **(TS2) KICK CHARLESTON, RIGHT FULL CIRCLE WALK 4 WALLS (12:00)**

1-4      Step Right forward, kick Left forward, Step Left back, Touch Right back  
5-8      Turn right and walk 4 steps making an arc to end facing 12:00

**END:** Dance ends facing 12:00 after 16 counts.

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