

Lonely Heat

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Kim Liebsch (DK) - June 2025
音樂: Lonely Heat - Drew Sycamore



Intro: 16 counts (appr. 8 sec)
Start with weight on L foot

#1 section: Cross rock, sailor ¼ turn, rock recover, sailor ½ turn

1-2 Cross R over L, recover on L 12:00
3&4 Sweep/cross R behind L making ¼ turn R, stepping L to L side, step R to R side 3:00
5-6 Rock fw. on L, recover on R 3:00
7&8 Sweep/cross L behind R, making ½ turn L, stepping R to R side, step L to L side 9:00

#2 section: Walk walk, step lock step, rock recover, back lock step

1-2 Walk fw. R-L 9:00
3&4 Step fw. R, lock L behind R, step fw. on R 9:00
5-6 Step fw. on L, recover on R 9:00
7&8 Step back on L, lock R in front of L, step back on L 9:00

#3 section: ¼ turn hold, ball side touch X 2

1-2 Make ¼ turn R stepping R to R side, hold 12:00
&3-4 Ball step L beside R, step R to R side, touch L beside R 12:00
5-6 Step L to L side, hold 12:00
&7-8 Ball step R beside L, step L to L side, touch R beside L 12:00

#4 section: Kick ball point X 2, kick hitch ½ turn, kick ball step

1&2 Kick R fw. ball step R beside L, point L to L side 12:00
3&4 Kick L fw. ball step L beside R, point R to R side 12:00
5-6 Kick R fw. hitch R while making ½ turn L 6:00
7&8 Kick R fw. ball step R beside L, step fw. on L 6:00

Good Luck & N'joy!

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