

# Lonely Wins

**COPPER KNOB**  
STEPSHEETS

拍數: 44      牆數: 2      級數: Improver  
編舞者: Angela Rushing (USA) - August 2007  
音樂: Lonely Wins - Billy Ray Cyrus : (CD: Wanna Be Your Joe)



## TWO HIPS RIGHT, TWO HIPS LEFT, WALK BACK, TOUCH

1&2      Bump hips to the right twice  
3&4      Bump hips to the left twice  
5-8      Walk right foot backward - right, left, right and touch

## WALK FORWARD, TOUCH, TWO HIPS RIGHT, TWO HIPS LEFT

9-12      walk left foot forward, left, right, left and touch  
13&14      Bump hips to the right twice  
15&16      Bump hips to the left twice

## HEEL SPLITS 4X, SKATE 4X

17&18      Keep weight on balls of feet move both heel out at the same time and then back together  
19&20      Repeat 17&18  
21      Skate right foot diagonal  
22      Skate left foot diagonal  
23&24      Keep weight on balls of feet move both heel out at the same time and then back together  
25&26      Repeat 23&24  
27      Skate right foot diagonal  
28      Skate left foot diagonal

## MONTEREY ½ TURN (TWICE)

29-32      Touch right toe to right side, on ball of left foot make ½ turn over your right shoulder and step onto your right foot, touch left toe out to the side, step left foot next to right.  
33-36      Repeat 29-32

## SHUFFLE FORWARD, SHUFFLE BACK

37&38      Right Shuffle forward - right, left, right  
39&40      Left Shuffle forward- left, right, left  
41&42      Right Shuffle Back- right, left, left  
43&44      Left Shuffle Back-left, right, left

## REPEAT

[EMail](#)