

Lonely No More..

COPPERKNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Lonely No More - Rob Thomas : (CD Single)



**Step, Right
Lock Step, 1/2
Turn Point, &
Step 3/4,
Sweep Behind
& Cross.**

1 Step forward
on Left
2&3 Step
forward on
Right, lock Left
behind Right,
step forward on
Right.
4 Pivot 1/2 turn
to RIGHT
pointing Left to
Left side [6:00].
&5-6 Step Left
next to Right,
step forward on
Right, pivot 3/4
turn to Left
sweeping Left
round & behind
[9:00].
7&8 Cross step
Left behind
Right, step
Right to Right
side, cross step
Left over Right.

**Bump & 1/4
Turn, Kick &
Step, Sailor 1/2
Turn, & Press,
1/4 Turn.**

1&2 Bump hips
Right, Left, then
bump back as
you make 1/4
turn to Left
(weight on
Right) [6:00].

3&4 Kick Left

forward, step

Left next to

Right, step

Forward on

Right.

5&6 Make 1/4

turn to Left

stepping Left

behind Right,

1/4 turn to Left

stepping Right

next to Left,

step forward on

Left. (sailor 1/2)

[12:00].

&7-8 Tap Right

next to Left,

press forward

on Right, make

1/4 turn to Left

as you step Left

a large

step to Left side

dragging Right

toward Left

[9:00].

Twinkle 1/2

Turn, Rock,

Recover, &

Cross & Touch,

1/2, 1/4 Hitch.

1&2 Cross step

Right over Left,

make 1/4 turn to

Right stepping

back on Left,

1/4 turn to Right

stepping Right

to Right side

[3:00].

3-4 Cross rock

Left over Right,

recover on

Right.

&5 Step Left to

Left side, cross

step Right over

Left.

&6 Step Left to

Left side, touch

Right toe behind

Left

7-8 Unwind 1/2
turn to Right
taking weight on
Right, 1/4 turn
to Right hitching
Left knee
[12:00].

**Cross Rock 1/4
Turn, 1/2, 1/2,
Step, Back,
Rock & 1/2,
Pose.**

1&2 Cross rock
Left over Right,
recover on
Right, make 1/4
to Left stepping
forward on Left
[9:00].

3&4 Make 1/2
turn to Left
stepping back
on Right, 1/2
turn to Left
stepping
forward on
Left, step
forward on
Right [9:00].

5 Step back on
Left.

6&7 Rock back
on Right,
recover on Left,
make 1/2 turn to
Left stepping
back on Right
[3:00].

8 Touch Left in
front of Right
(knee bent)

**Tag: End of
Wall 1 to be
danced only
once.**

1 Step forward
on Left.

2&3 Step
forward on
Right, 1/2 turn
to Left stepping
forward on Left,
1/2 turn Left
stepping back
on Right.

4 Touch Left in
front of Right
(knee bent)

**At end of Wall 2
& Wall 5 instead
of starting from
Count 1 dance
the last 16**

Counts again..

i.e. From Count

32 add & Step

Left to Left side.

Then dance

from count 17.

Twinkle 1/2

turn. This will

happen facing

the back wall

both times &

turn you to face

front again.
