

# Lonely Again

**COPPER** KNOB  
STEPPERS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - August 2011  
音樂: Lonely Again - Ne-Yo



**Starts on Vocal (32 Counts).**

**Side, Behind 1/8 Rock Step, 1/2, 1/2. 1/2, Step, Step 1/2 Step.**

- 1-2&      Step Left to Left side, cross step Right behind Left, step Left to Left side.
- 3-4      Make 1/8 turn to Left rocking forward on Right, recover on Left. (10:30)
- 8&5      Make 1/2 turn to Right stepping forward on Right, 1/2 turn to Right stepping back on Left. (10:30)
- 6-7      1/2 turn to Right stepping forward on Right, step forward on Left. (4:30)
- 8&1      Step forward on Right, pivot 1/2 turn to Left, step forward on Right. (10:30)

**Rock Forward & Back & Step, Rock Step, Sailor 5/8 Cross, Tap, Tap, Side.**

- 2&3      Rock forward on Left, recover on Right, rock back on Left.
- 8&4      Recover on Right, step forward on Left.
- 8&5      Rock forward on Right, recover back on Left. (10:30)
- 6&7      Make 1/4 turn to Right stepping Right behind Left, 1/4 turn Right stepping Left next to Right, 1/8 turn Right cross stepping Right over Left. (6:00)
- 8&1      Tap Left toe to Left side, tap Left next to Right, take large step to Left on Left. \*\*R\*\*

**Rock & Side, Cross 1/4 Side, Heel Grind 1/4, Coaster Step.**

- 2&3      Cross rock Right behind Left, recover on Left, step Right to Right side.
- 4&5      Cross Left over Right, make 1/4 turn to Left stepping back on Right, step Left to Left side. (3:00)
- 6&      Step Right heel forward grinding it to Right, make 1/4 turn to Right stepping back on left. (6:00)
- 7&8      Step back on Right, step Left next to Right, step forward on Right.

**Heel Grind 1/4, Sailor 1/2 Cross, Rock & Cross, 1/4, 1/2, 1/4 Chasse.**

- 8&1      Step Left heel forward grinding it to Left, make 1/4 turn to Left stepping back on Right. (3:00)
- 2&3      Make 1/4 turn to Left cross stepping Left behind Right, step Right next to Left. 1/4 turn to Left cross stepping Left over Right. (9:00)
- 4&5      Rock to Right side on Right, recover on Left, cross step Right over Left.
- 6-7      Make 1/4 turn to Right stepping back on Left, 1/2 turn to Right stepping forward on Right.
- 8&(1)      1/4 turn to Right to stepping Left to Left side, step Right next to Left, (step Left to Left side).

**\*\*R\*\* Restart: Wall 2, Wall 6, Wall 10**

**Dance up to & including Count 16&.. Then Restart dance from beginning.. Count 1.**