

Lonely Blues

COPPER KNOB
BY CHOREOGRAPHY

Count: 64 Wall: 4 Level: Beginner / Improver

Choreographer: Rachael McEnaney-White (UK/USA) April 2019

Music: Mr. Lonely - Midland (2.59mins) - approx. 150bpm. iTunes



Count In: 24 counts from start of track, dance begins on vocals

Notes: NO Tags Or Restarts

[1 – 8] R heel, R close, L heel, L close, R fwd point, R side point, R touch, R kick

1 2 3 4 [1] Touch R heel forward, [2] Step R next to L, [3] Touch L heel forward, [4] Step L next to R 12.00

5 6 7 8 [5] Point R toe forward, [6] Point R to right side, [7] Touch R next to L, [8] Kick R to right diagonal 12.00

[9 – 16] R behind, L side, R cross, L kick, L behind, 1/4 turn R, L fwd, R brush

1 2 3 4 [1] Cross R behind L, [2] Step L to left side, [3] Cross R over L, [4] Kick L to left diagonal 12.00

5 6 7 8 [5] Cross L behind R, [6] Make 1/4 turn right stepping forward R, [7] Step forward L, [8] Brush R next to L (weight L) 3.00

[17 – 24] R fwd, L touch, L back, R kick, R back, L close, R fwd, L brush

1 2 3 4 [1] Step forward R, [2] Touch L next to R, [3] Step back L, [4] Kick R forward 3.00

5 6 7 8 [5] Step back R, [6] Step L next to R, [7] Step forward R, [8] Brush L forward 3.00

[25 – 32] L cross, R side, L behind, R side, L jazz box cross

1 2 3 4 [1] Cross L over R, [2] Step R to right side [3] Cross L behind R [4] Step R to right side 3.00

5 6 7 8 [5] Cross L over R, [6] Step back R, [7] Step L to left side, [8] Cross R over L 3.00

[33 – 40] L side, R heel-toe-heel swivels in, Twist heels R, Twist toes R, Twist heels R with 1/4 turn L, L hook

1 2 3 4 [1] Step L to left side, [2] Swivel R heel in towards L, [3] Swivel R toe in towards L, [4] Swivel R heel in towards L 3.00

5 6 [5] Twist both heels right, [6] Twist both toes right 3.00

7 8 [7] Twist both heels right as you make 1/4 turn left, [8] Hook L in front of R shin 12.00

[41 – 48] L fwd, 1/2 turn L hitching R, R back, 1/4 turn L hitching L, L side, R close, L fwd, R touch

1 2 [1] Step forward L, [2] Make 1/2 turn left on L ball as you hitch R knee 6.00

3 4 [3] Step back R, [4] Make 1/4 turn left on R ball as you hitch L knee 3.00

5 6 7 8 [5] Step L to left side, [6] Step R next to L, [7] Step forward L, [8] Touch R next to L 3.00

[49 – 56] R diagonal steps fwd x2, L touch, L diagonal steps back x2

1 2 3 4 [1] Step R diagonally forward, [2] Step L next to R, [3] Step R diagonally forward, [4] Touch L next to R 3.00

5 6 7 8 [5] Step L diagonally back, [6] Step R next to L, [7] Step L diagonally back, [8] Touch R next to L 3.00

[57 – 64] R diagonal back, L touch, L diagonal back, R touch, R back, L close, R fwd stomp, L stomp next to R

1 2 3 4 [1] Step R diagonally back, [2] Touch L next to R (Clap option), [3] Step L diagonally back, [4] Touch R next to L (Clap option) 3.00
5 6 7 8 [5] Step back R, [6] Step L next to R, [7] Stomp R forward, [8] Stomp L next to R 3.00

START AGAIN ? HAVE FUN

Ending: The last wall begins facing the back, dance the first 14 counts then instead of stepping forward L on count 7 make a further 1/4 turn right stepping L to left side, then step R to right side on count 8 taking hands up...ta-da!