

Lonely

Count: 32

Wand: 4

Ebene: Intermediate

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Musik: Lonely - Akon



INTRO : 32 count - No TAG & Restart

S I. STEP BACK - PONY STEP - COUSTER STEP - SIDE TOGETHER - CROSS SHUFFLE

- 1 - 2 Step back R , L
- 3 & 4 Step R back , step L in place , step R in place
- 5 & 6 step L back , step R together, step L forward
- 7 & Step R to side , step L beside R
- 8 & 1 Cross R over L , step L side ,cross R over L

S II. 1/4 TURN L - 1/2 L BACK SHUFFLE - COUSTER STEP - FORWARD SHUFFLE

- 2 1/4 Turn L step L forward (9:00)
- 3 & 4 1/2 Turn L step R back, cross L front R, step R back (3:00)
- 5 & 6 Step L back, step R together, step L forward
- 7 & 8 Step R diagonal forward, lock L behind R , step R forward (4:30)

S III. LOCK HITCH - STEP FORWARD 1/8 TURN L CROSS R - HIPS BUMP - PUSH CHEST

- &1 - 2 Step L forward diagonal (1:30), step R behind with hitch L, step L forward
- 3 & 4 step R forward , 1/8 turn L step L in place, cross R over L (12:00)
- 5 - 6 Touch L diagonal forward with hips bump down and Up
- 7 & 8 Push your chest

S IV. SYNCOPATED 1/4 TURN L - PIVOT 1/2 L - BRUSH - TWIST HEELS

- &1&2 step ball L beside R, cross R over L - step L to side ,step R behind L
- 3 1/4 turn L step L forward (9:00)
- 4 & 5 step R forward, 1/2 pivot L step L in place, step R forward (3:00)
- & 6 Brush L , step L forward
- 7 & 8 twist heels together forward and back to center L,R,L

HAVE FUN & ENJOY

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