

Lonely Long

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Heather Barton (SCO) & Michael Lynn (UK) - October 2024

Musik: Lonely Long - Twinnie



(16 count intro - 10 secs approx)

SEC 1 BACK, BACK, COASTER STEP, STEP, 1/2 PIVOT, 1/4 STEP, BACK CROSS SHUFFLE

- 1-2 Walk back right as you fan left foot right to left, walk back left as you fan right foot left to right
- 3&4 Step back right, close left beside right, step forward right
- 5-6 Step forward left, pivot 1/2 right (6:00)
- 7 1/4 turn right stepping left to left side (9:00)
- 8&1 Cross right behind left, step left to left side, cross left behind right

SEC 2 SIDE, CROSS SHUFFLE, 1/4 LARGE STEP DRAG, BALL WALK, WALK

- 2 Step left to left side
- 3&4 Cross right over left, step left to left side, cross right over left
- 5-6 1/4 turn right as you take a large step back on the left, drag right towards left (12:00)
- &7-8 Step right next to left, walk forward left, walk forward right

RESTART: On wall 2 dance upto Section 2, Count 7 and change count 8 to a right touch (weights left to start again)

SEC 3 SYNCOPATED ROCK RECOVER, ROCK RECOVER, CROSS, 1/4 STEP, 1/4 STEP, WALK

- 1-2& Rock left to left side, recover right, step left beside right
- 3-4 Rock right to right side, recover left
- 5-6 Cross right over left, 1/4 turn right stepping back left (3:00)
- 7-8 1/4 turn right stepping forward right, step forward left (6:00)

SEC 4 SHUFFLE, ROCK RECOVER, FULL TRIPLE TURN, ROCK RECOVER

- 1&2 Step forward right, close left beside right, step forward right
- 3-4 Rock forward left, recover right
- 5&6 Full triple turn left – stepping L R L
- 7-8 Rock forward right, recover left

OPTION: For those that don't turn you can replace counts 5&6 with a left coaster step

***RESTART: On wall 2 dance upto Section 2, Count 7 and change count 8 to a right touch (weights left to start again – facing 6:00)**