

Lonely

Count: 48

Wand: 4

Ebene: Improver

Choreograf/in: Marsha Story (USA)

Musik: What's Up Lonely - Kelly Clarkson



SIDE TOUCH RIGHT, TOUCH FORWARD, SLIDE RIGHT, TOUCH LEFT FORWARD, TOUCH LEFT SIDE, SLIDE BACK

- 1-2 Touch right foot to side, touch right foot forward
- 3-4 Slide to the right, touch left foot next to right foot
- 5-6 Touch left foot forward, touch left foot to side
- 7-8 Slide back, touch right foot next to left foot

ROCK RIGHT FORWARD, RECOVER, ROCK LEFT FORWARD, RECOVER, STEP RIGHT FORWARD, ½ TURN LEFT, BUMP & BUMP

- 1-2 Rock forward on right foot, recover
- &3-4 Place right foot next to left foot, rock forward on left foot, recover
- &5-6 Place left foot next to right foot, step right foot forward, make ½ turn to the left
- 7&8 Bump and bump (keep weight on right foot)

SWEEP LEFT BACK, BUMP & BUMP, KICK & TOUCH, ¼ TURN RIGHT

- 1-2 Sweep left foot back, place weight on left foot
- 3&4 Bump and bump
- 5&6 Kick right foot forward, touch left foot to the side
- 7-8 Step left foot forward, make ¼ turn to the right

FULL TURN LEFT, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, ROCK FORWARD LEFT, RECOVER, ½ TURN SHUFFLE LEFT-RIGHT-LEFT

- 1-2 Step forward on right foot making ½ turn left, step back on left foot making ½ turn left
- 3&4 Shuffle forward right, left, right
- 5-6 Rock forward on left foot, recover
- 7&8 Shuffle ½ turn left, right, left

ROCK RIGHT TO SIDE, RECOVER, CROSS SHUFFLE RIGHT-LEFT-RIGHT, ROCK LEFT TO SIDE, RECOVER, CROSS SHUFFLE LEFT-RIGHT-LEFT

- 1-2 Rock right foot to right side, recover
- 3&4 Cross shuffle right foot over left (right, left, right)
- 5-6 Rock left foot to left side, recover
- 7&8 Cross shuffle left foot over right (left, right, left)

ROCK RIGHT FORWARD, RECOVER, ¼ SHUFFLE RIGHT-LEFT-RIGHT, ROCK LEFT FORWARD, RECOVER, ¼ SHUFFLE LEFT-RIGHT-LEFT

- 1-2 Rock right foot forward, recover
- 3&4 Make ¼ turn shuffle right, left, right (turning right)
- 5-6 Rock left foot forward, recover
- 7&8 Make ¼ turn shuffle left, right, left (turning left)

REPEAT

TAG 1

After the 2nd rotation, repeat the last 16 counts of the dance

TAG 2

After the 4th rotation

1-2 Body roll

3-4 Touch right foot to side, touch right foot forward

Start dance over
