

Lonely This Weekend

Count: 64

Wall: 2

Level: Improver

Choreographer: April Coady (IRE), Suzi Beau (ENG) & Wil Bos (NL) - October 2017

Music: Lonely Weekend - Bo Walton : (Album: Lonely Weekend)



Intro: 32 counts

S1: Chassé, Rock Behind Recover, Chassé, Rock Back Recover

- 1&2 RF step side, LF together, RF step side
- 3-4 LF rock behind, RF recover
- 5&6 LF step side, RF together, LF step side
- 7-8 RF rock back, LF recover [12]

S2: Heel Switches, Clap, Toe Switches, Clap

- 1&2& RF dig heel forward, RF together, LF dig heel forward, LF together
- 3-4 RF dig heel forward, clap
- 5&6& RF point side, RF together, LF point side, LF together
- 7-8 RF point side, clap [12]

S3: Sync. Jazz Box Cross, Rock Back Recover, Pivot ½ R

- 1-2 RF cross over, LF step back
- &3-4 RF step beside on ball foot, LF cross over, RF step side
- 5-6 LF rock back, RF recover
- 7-8 LF step forward, L+R ½ turn right [6]

S4: Shuffle Fwd, Full Turn L, Out Out, Clap, Elvis Knees

- 1&2 LF step forward, RF step beside, LF step forward
- 3-4 RF ½ left step back, LF ½ left step forward
- &5-6 RF step right forward (out), LF step side (out), clap
- 7-8 RF push knee inward, LF push knee inward [6]

S5: Chassé, Rock Behind Recover, Chassé ¼ L, Reverse Pivot ½ L

- 1&2 LF step side, RF together, LF step side
- 3-4 RF rock behind, LF recover
- 5&6 RF step side, LF together, RF ¼ left step back
- 7-8 LF point back, L+R ½ turn left [9]

S6: Rock Fwd Recover, Coaster, Point x2, Sailor ¼ L

- 1-2 RF rock forward, LF recover
- 3&4 RF step back, LF together, RF step forward
- 5-6 LF point forward, LF point side
- 7&8 LF ¼ left cross behind, RF step beside, LF step slightly forward [6]

S7: Figure Of Eight

- 1-4 RF step side, LF cross behind, RF ¼ right step forward, LF step forward
- 5-8 L+R ½ turn right, LF ¼ right step side, RF cross behind, LF ¼ left step forward [3]

S8: Cross, Point (x2), Jazz Box Cross ¼ R

- 1-4 RF cross over, LF point side, LF cross over, RF point side
- 5-8 RF cross over, LF ¼ right step back, RF step side, LF cross over [6]

Start again

