

# Only Lonely

**COPPER KNOB**  
STEPSHEETS

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Larry Bass (USA) - February 2019

**Music:** You're Only Lonely - JD Souther



**Restart after 16 count on wall 3**

## **SWAYFORWARD, SWAY BACK, TRIPLE STEP FORWARD; ROCK STEP, TRIPLE STEP BACK**

- 1-2 Step R forward swaying hips forward; Sway hips back to L
- 3&4 Step R forward, Step L to R, Step R forward
- 5-6 Rock L forward; Recover back to R
- 7&8 Step L back, Step R to L, Step L back

## **ROCK STEP BACK, SIDE, TOGETHER, SIDE; CROSSOVER ROCK STEP, SIDE, TOGETHER, ¼ TURN**

- 1-2 Rock R back; Recover forward to L
- 3&4 Step R to right, Step L beside R, Step R to right
- 5-6 Rock L across R; Recover back to R
- 7&8 Step L to left, Step R beside L, Make a ¼ turn left & step L forward (9:00)

**Restart here on wall 3 facing (3:00)**

## **HIP TURNS, TRIPLE STEP FORWARD; STEP ¼ PIVOT**

- 1-2 Step R forward swaying hips forward; Pivot 1/8 turn left to L (7:30)
- 3-4 Step R forward swaying hips forward; Pivot 1/8 turn left to L (6:00)
- 5&6 Step R forward, Step L to R, Step R forward
- 7-8 Step L forward; Pivot ¼ turn left to R (9:00)

## **CROSSOVER TRIPLE STEP, SIDE ROCK STEP; JAZZ BOX**

- 1&2 Step L across R, Step R to right, Step L across R
- 3-4 Rock R to right; Recover left to L
- 5-6 Step R across L; Step L back
- 7-8 Step R to right; Step L beside R

**Begin Again**

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