

Lonely 101

Count: 32

Wall: 4

Level: Improver

Choreographer: Maria Smith (AUS) & Kevin Smith (AUS) - May 2021

Music: Lonely 101 - Tracy Lawrence : (iTunes)



Starts on vocals after count 16. - Rotates CW

ROCK FWD, BACK, COASTER STEP, CROSS OVER, SIDE, BEHIND & CROSS

1,2 Rock fwd R, back L,
3&4 coaster step R,L,R
5,6 cross L over R, step R to side,
7&8 step L behind R, & step R to side, cross L over L

ROCK ¼ TURN, SHUFFLE, ROCK FWD, BACK, LOCK SHUFFLE BACK

1&2 Rock step R to side, & ¼ turn left onto L, step fwd R, - 9,00
3&4 lock shuffle fwd L,R, L
5,6 rock fwd R, replace on L,
7&8 lock shuffle back R,L,R,

FULL TURN BACK, SAILOR STEP, SAMBA STEP FWD, CROSS KICK

1,2 full turn back step L, R (or walk back L,R,)
3&4 left sailor step L, R, L - 9.00
5&6 fwd samba step R,L,R,
7,8 cross L over R, kick R

CROSS ½ TURN, SHUFFLE, MAMBA FWD, BACK, SIDE ROCK, TOUCH

1,2 cross R over L, step back L,
3&4 ½ turn right shuffle fwd R,L,R, - 3.00
5&6 mamba step fwd L, & back R, back L,
7&8 rock R to side, & replace on L, touch R next L

[32] START AGAIN

***8 count Tag. After wall 3, add,**

1,2,3&4 rock R across L, replace wt L, side shuffle R,L,R,
5,6,7&8 rock L across R, replace wt R, side shuffle L,R,L,