Lonely Long

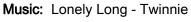
COPPER KNOB

Count: 32

Wall: 2

Level: Improver

Choreographer: Heather Barton (SCO) & Michael Lynn (UK) - October 2024



(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
	wall 2 dance upto Section 2, Count 7 and change count 8 to a right touch (weights left to start
again)	
SEC 3 SYNCO	PATED 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)

