

# Lonely Cha Cha (P)

**COPPER** KNOB  
STEPSHEETS

Count: 40

Wall: 1

Level: Beginner partner dance

Choreographer: Flo Reding (USA)

Music: The Lonely - Robert A. Welch & Helen Reisen



**Position: Begin in closed dance position**

## **ROCK STEP, CHA-CHA-CHA, ROCK STEP, CHA-CHA-CHA**

- 1            **MAN:** Step forward on left foot  
              **LADY:** Step back on right foot
- 2            **MAN:** Rock back on right foot  
              **LADY:** Rock forward on left foot
- 3&4        **MAN:** Cha-cha back left-right-left  
              **LADY:** Cha-cha forward right-left-right
- 5            **MAN:** Step back on right foot  
              **LADY:** Step forward on left foot
- 6            **MAN:** Rock forward on left foot  
              **LADY:** Rock back on right foot
- 7&8        **MAN:** Cha-cha forward right-left-right  
              **LADY:** Cha-cha back left-right-left

## **ROCK STEP, WRAP, ROCK STEP UNWRAP**

**On first rock step couple begins double hand hold**

- 9            **MAN:** Step forward on left foot  
              **LADY:** Step back on right foot
- 10          **MAN:** Rock back on right foot  
              **LADY:** Rock forward on left foot
- Man lifts lady's right hand and places her in wrap position at his right side**
- 11&12      **MAN:** Cha-cha in place wrapping lady right side left-right-left  
              **LADY:** Lady makes left/2 turn to left on cha-cha-cha right-left-right
- 13          **MAN:** Step back on right foot  
              **LADY:** Step back on left foot
- 14          Rock forward on left foot  
              **LADY:** Rock forward on right foot
- 15&16      **MAN:** Cha-cha in place unwrapping lady right-left-right  
              **LADY:** Lady makes left/2 turn to right on cha-cha left-right-left

## **ROCK STEPS, SHUFFLES, ROCK STEP SHUFFLES**

- 17          **MAN:** Step forward on left foot  
              **LADY:** Step back on right foot
- 18          **MAN:** Rock back on right foot  
              **LADY:** Rock forward on left foot
- 19&20      **MAN:** Left lead shuffle back left-right-left  
              **LADY:** Right lead shuffle forward right-left-right
- 21&22      **MAN:** Right lead shuffle back right-left-right  
              **LADY:** Left lead shuffle forward left-right-left
- 23&24      **MAN:** Left lead shuffle back left-right-left  
              **LADY:** Right lead shuffle forward right-left-right
- 25          **MAN:** Step back on right foot  
              **LADY:** Step forward on left foot
- 26          Rock forward on left foot

27&28      **LADY:** Rock back on right foot  
              **MAN:** Right lead shuffle forward right-left-right  
              **LADY:** Left lead shuffle back left-right-left  
29&30      **MAN:** Left lead shuffle forward left-right-left  
              **LADY:** Right lead shuffle back right-left-right  
31&32      **MAN:** Right lead shuffle forward  
              **LADY:** Left lead shuffle back left-right-left

**ROCK STEP, CHA-CHA-CHA, LADY TURNS, CHA-CHA-CHA**

33            **MAN:** Step forward on left foot  
              **LADY:** Step back on right foot  
34            **MAN:** Rock back on right foot  
              **LADY:** Rock forward on left foot  
35&36      **MAN:** Cha-cha back left-right-left  
              **LADY:** Cha-cha forward right-left-right

**Drop lady's left hand, man lifts his left hand and turns lady under the arm  
Lady does full turn to the right on next two counts**

37            **MAN:** Step back on right foot  
              **LADY:** Step on left foot  
38            Rock forward on left foot  
              **LADY:** Step on right foot  
39&40      **MAN:** Cha-cha in place right-left-right and resume closed dance position  
              **LADY:** Cha-cha in place left-right-left and resume closed dance position.

**REPEAT**

---