

# The Big Lonely

Count: 64

Wall: 0

Level:

Choreographer: Cathy Montgomery (CAN)

Music: You Ain't Lonely Yet - Big House



## RIGHT FOOT HEEL GRIND WITH A 3 STEP SHUFFLE

- 1-2 Place right heel forward and grind from left to right  
3&4 Do a 3 step shuffle (right-left-right)

## LEFT FOOT HEEL GRIND WITH A LEFT 3 STEP SHUFFLE

- 5-6 Place left heel forward and grind from right to left  
7&8 Do a 3 step shuffle (left-right-left)

## ½ RIGHT VINE WITH A RIGHT 3 STEP SHUFFLE

- 1-2 Step right, left behind  
3&4 3 step shuffle (right-left-right)

## ½ LEFT VINE WITH A LEFT 3 STEP SHUFFLE

- 5-6 Step left, right behind  
7&8 3 step shuffle (left-right-left)

## TOUCH RIGHT, SCOOT, TOUCH LEFT

- 1-2 Touch right to right side and hold  
3&4 Scoot left right and touch left foot beside right

## TOUCH LEFT, SCOOT, TOUCH RIGHT

- 5-6 Touch left to left side and hold  
7&8 Scoot right, left and touch right foot beside left

## FOUR 3 STEP SHUFFLES IN A BOX FORMATION

- 1&2 Three step shuffle with a ¼ turn forward to your left shoulder  
3&4 3 step shuffle with a ¼ turn back to your left shoulder  
5&6 3 step shuffle with a ¼ forward to your left shoulder  
7&8 3 step shuffle with a ¼ turn back to your left shoulder

## TOUCH, CROSS, TOUCH, CROSS, TOUCH MONTEREY TURN

- 1-2 Touch right foot to right side, step right cross left  
3-4 Touch left to left side, step left cross right  
5-6 Touch right to right side, pivot ½ turn to right shoulder and touch right beside left  
7-8 Touch left to left side, step left beside right  
  
1-8 Repeat above 8 steps

## 2 RIGHT KICK BALL CHANGES KICK, KICK, ½ TURN 3 STEP SHUFFLE

- 1&2 Kick right foot forward, step quickly onto right, step quickly onto left  
3&4 Kick right foot forward, step quickly onto right, step quickly onto left  
5-6 Kick right foot forward, kick right foot to side  
7&8 ½ turn 3 step shuffle to right shoulder (right-left-right)

## 2 LEFT KICK BALL CHANGES KICK, KICK, ¼ TURN 3 STEP SHUFFLE

- 1&2 Kick left foot forward, step quickly onto left, step quickly onto right  
3&4 Kick left foot forward, step quickly onto left, step quickly onto right

5-6

Kick left foot forward, kick left foot to side

7&8

¼ turn 3 step shuffle to left shoulder (left-right-left)

**REPEAT**

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