

# Lonely And Sorry

Compte: 64

Mur: 2

Niveau: Intermediate

Chorégraphe: Sylvie Fournier (FR) - March 2017

Musique: She'd Rather Be Lonely Than Sorry - Jason McCoy



## Starts on lyrics

### [1 à 9] SIDE, TOGETHER, SIDE, MAMBO FORWARD, SIDE ROCK STEP, CROSS TRIPLE :

- 1 – 2 – 3 step R to right , step L next to R , step R to right □□□(12.00)
- 4 & 5 rock forward on L , rock back on R , step L next to R
- 6 – 7 rock side on R , rock back on L
- 8 & 1 cross R in front of L , step L to left , cross R in front of L

### [10 à 17] SIDE, STEP with 1/ 2 TURN, TRIPLE FORWARD , STEP, 1/ 2 TURN , MODIFIED MAMBO FORWARD :

- 2 – 3 step L to left , step R to right with 1/ 2 turn to right □□□(06.00)
- 4 & 5 step L forward , step R next to L , step L forward
- 6 – 7 step R forward , pivot 1/ 2 turn left □□□□□□(12.00)
- 8 & 1 rock on R forward , rock back on L , step R to right

### [18 à 25] TOGETHER, SIDE, MAMBO FORWARD, SIDE ROCK STEP, CROSS TRIPLE :

- 2 – 3 step L next to R , step R to right
- 4 & 5 rock forward on L , rock back on R , step L next to R
- 6 – 7 rock side on R , rock back on L
- 8 & 1 cross R in front of L , step L to left , cross R in front of L

### 26 à 33 SIDE, STEP with 1/ 4 TURN, TRIPLE FORWARD , STEP, 1/ 2 TURN , MODIFIED MAMBO FORWARD :

- 2 – 3 step L to left , step R to right with 1/ 2 turn to right □□□(06.00)
- 4 & 5 step L forward , step R next to L , step L forward
- 6 – 7 step R forward , pivot 1/ 2 turn left □□□□□□(12.00)
- 8 & 1 rock on R forward , rock back on L , step R to right

### [34 à 41] HIP SWAYS, SIDE TRIPLE with 1/ 4 TURN , BRUSH , BRUSH , TRIPLE FORWARD :

- 2 – 3 sway hip to left then right
- 4 & 5 step L to left , step R next to L , step L to left with 1/ 4 turn left
- 6 – 7 brush R forward , then brush R backward crossed in front of L □(09.00)
- 8 & 1 step R forward , step L next to R , step R forward

### [42 à 49] BRUSH , BRUSH, STEP, BACK, SIDE, ROCK STEP, TRIPLE STEP with 3/ 4 TURN :

- 2 – 3 brush L forward , then brush L backward crossed in front of R
- 4 & 5 Step L in place , step back R , step L to left side
- 6 – 7 rock on R crossed in front of L , rock back on L
- 8 & 1 triple step in place with 3/ 4 turn to right □□□□□(06.00)

### [50 à 57] SWAYS, TRIPLE FORWARD, SWAYS , TRIPLE BACKWARD :

- 2 – 3 sway hips to left then right
- 4 & 5 step L forward , step R next to L , step L forward
- 6 – 7 sway hips to right then left
- 8 & 1 step back R , step L next to R , step back R

### [58 à 64] CROSS ROCK STEP, SIDE, SYNCOPATED CROSS ROCK STEP, SIDE, CROSS, SIDE, CROSS :

- 2 – 3 rock on L crossed in front of R , rock back on R

4 & 5            step L to left , rock on R crossed in front of L , rock back on L  
6 – 7            step R to right , cross L in front of R ,  
8 &              step R to right , cross left behind R

**Start again .....**

**Tag : After 2nd wall , add :**

1 – 2 – 3        step R to right , step L next to R , step R to right  
4 & 5            step L forward , step R next to L, step L forward  
6 – 7            rock back on R , rock forward on L  
8 &              sway hips to right then left and start again

**Restart : On 5th wall : Go to 23rd wall then add :**

24 &            bring R next to L and cross L in front of R

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