

# No More Lonely Nights

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Noah Sierra (USA) - October 2024

**Musique:** No More Lonely Nights (Play Out Version) - Paul McCartney



**Intro counts: 8 (starts in the middle of the word "another")**

## **POINT TOES RLR, HOLD W/ CLAP, BOX STEP.**

- 1&2& Touch RF to R side, step RF on LF, touch LF to L side, step LF on RF.  
3-4 Touch RF to R side, hold count 4 with clap.  
5-6 Cross RF over LF, step LF backward.  
7-8 Step RF to R side, step LF to L side.

## **TRIPLE R, TRIPLE L, ½ PIVOT, TRIPLE L.**

- 1&2 Shuffle forward RLR.  
3&4 Shuffle forward LRL.  
5&6 Step RF forward while turning ¼ pivot, step LF in place while turning ¼ pivot, step RF forward (6:00).  
7&8 Shuffle forward LRL.

## **ROCK R FORWARD, TRIPLE R BACKWARD, COASTER L, SLIDE R W/ ¼ PIVOT.**

- 1-2 Rock RF forward, step/recover on LF.  
3&4 Shuffle backward RLR.  
5&6 Step LF backward, step RF backward, step LF forward.  
7-8 Step RF to R side, slide LF into RF (perform ¼ pivot over L shoulder while performing steps 7-8, weight should be on LF, facing 3:00).

## **ROCK R, ROCK L, ROCK R FORWARD, SLIDE L.**

- 1-2& Rock RF to R side, step/recover on LF, step RF on LF.  
3-4& Rock LF to L side, step/recover on RF, step LF on RF,  
5-6 Rock RF forward, step/recover on LF.  
7-8 Step RF backward, slide LF in RF.

## **TAG: BOX STEP**

- 1-2 Cross RF over LF, step LF backward.  
3-4 Step RF to R side, step LF on RF.

**Tag is repeated after walls 3 and 6.**

**No restarts.**

**Please do not alter this step sheet in any way.**

**If you would like to use on your website, please make sure it is in its original format and include all contact details on this script.**

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