

The Lonely Cha-Cha

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Chris Hodgson (UK)

Musique: Never Be Lonely Again - Kris Kelly



ROCK STEPS AND TRIPLE STEPS

- 1-2 Rock right foot forward, rock left foot back
- 3&4 Triple step in place-right, left, right
- 5-6 Rock left foot forward, rock right foot back
- 7&8 Triple step in place-left, right, left

SIDE ROCK STEPS AND TRIPLE STEPS

- 1-2 Rock right foot to right side, rock onto left foot
- 3&4 Triple step in place-right, left, right
- 5-6 Rock left foot to left side, rock onto right foot
- 7&8 Triple step in place-left, right, left

TOE TOUCH, HEEL, HOOK, SHUFFLE FORWARD

- 1-2 Touch right toes to right side, touch right toe next to left
- 3-4 Touch right heel diagonally forward, hook right heel in front of left knee
- 5&6 Shuffle forward-right, left, right

TOE TOUCH, HEEL, HOOK, SHUFFLE FORWARD

- 1-2 Touch left toes to left side, touch left toe next to right
- 3-4 Touch left heel diagonally forward, hook left heel in front of right knee
- 5&6 Shuffle forward-left, right, left

ROCK STEPS, 1 ½ TURN BACKWARDS, HIP SWAYS

- 1-2 Rock right foot forward, rock left foot back
- 3-4 On ball of left foot, turn ½ turn right and step down on right foot, on ball of right foot, turn ½ turn right and step down on left foot,
- 5-6 On ball of left foot, turn ½ turn right and step down on right foot and swaying hips to right side, step onto left foot swaying hips to left side
- 7-8 Step onto right foot swaying hips to right side, touch left toes next to right foot

HIP SWAYS

- 1-2 Step left foot to left side swaying hips to left, step onto right foot swaying hips to right side
- 3-4 Step onto left foot swaying hips to left side, touch right foot next to left

RONDE, TRIPLE STEP X 2

- 1-2 Touch right toe forward, sweep right toe around in a ½ circle turning right
- 3&4 Triple step in place-right, left, right
- 5-6 Touch left toe forward, sweep left toe around in a ½ circle turning left
- 7&8 Triple step in place-left, right, left

ROCK STEPS, STEP, PIVOT X 2

- 1-2 Rock right foot forward, rock back onto left foot
- 3-4 Rock back onto right foot, rock left foot forward
- 5-6 Step right foot forward, pivot ½ turn left
- 7-8 Step right foot forward, pivot ½ turn left

ROCK STEPS, SWEEP, CROSS, UNWIND

- 1-2 Rock right foot forward, rock back onto left foot
- 3-4 Rock back onto right foot, rock left foot forward
- 5-6 Sweep right foot across in front of left foot over 2 counts
- 7-8 Unwind $\frac{3}{4}$ turn left on balls of both feet over 2 counts

REPEAT
