

# For The Lonely

**Compte:** 64

**Mur:** 2

**Niveau:** Intermediate/Advanced



**Chorégraphe:** Alan Birchall (UK)

**Musique:** Atomic - Blondie

When dancing to "Atomic" by Blondie, start after 32 counts. At start of lyrics you will be on steps 33&34

## **SIDE, TOGETHER, SIDE, CLOSE, SIDE, CROSS ROCK, RECOVER, ¼ TURN SHUFFLE**

- 1-2 Step right to right, step left by right
- 3&4 Step right to right, left by right, right to right
- 5-6 Cross rock left over right, recover on right
- 7&8 Step left to making ¼ turn left, step right by left, step forward on left (facing 9:00)

## **FULL TURN LEFT, RIGHT SHUFFLE, LEFT KICK BALL STEP, STEP, ¼ PIVOT**

- 9-10 On ball of left make ½ turn left, step back on right making ½ turn left step forward on left (facing 9:00)
- 11&12 Step forward on right, step left by right, step forward on right
- 13&14 Kick forward on left, step left by right, step forward on right
- 15-16 Step forward on left, ¼ pivot right (facing 12:00)

## **CROSS, ¾ TURN, STEP FORWARD, LEFT SHUFFLE, RIGHT SHUFFLE**

- 17-18 Cross left over right, step right to right making ¼ turn left
- 19-20 Continuing turn to left making ½ turn stepping left to left, step forward on right (facing 3:00)
- 21&22 Step forward on left, step right by left, step forward on left
- 23&24 Step forward on right, step left by right, step forward on right

## **LEFT KICK BALL TOUCH, HEEL SWIVELS, RIGHT KICK BALL TOUCH, HEEL SWIVELS**

- 25&26 Kick forward on left, step left by right, touch forward on right
- 27-28 Swivel both heels to right (dip down), swivel both heels to center (stand up - weight ends on left)
- 29&30 Kick forward on right, step right by left, touch forward on left
- 31-32 Swivel both heels to left (dip down), swivel both heels to center (stand up - weight ends on left)

## **TOUCH RIGHT, TOUCH LEFT, STEP, CROSS UNWIND, ¾ SHUFFLE TURN, STEP, ½ PIVOT (1 ¼ TOTAL TURN LEFT)**

- 33& Touch right to right, step right by left
- 34& Touch left to left, step down on left (you will have moved to the left)
- 35-36 Cross right over left, unwind ½ turn left (facing 9:00)
- 37&38 Make ¾ shuffle turn left stepping left, right, left (facing 12:00)
- 39-40 Step forward on right, ½ pivot left (facing 6:00)

### **Alternative for steps 33&34,35&36**

- 33&34 Cross right over left, step left to side cross right over left (right cross shuffle)
- 35&36 Shuffle forward making ¼ turn left, stepping left, right left. (weight ends on right facing 3:00)

## **HEEL SWITCH'S, STEP ¼ PIVOT, CROSS BEHIND, LEFT HEEL JACK, CROSS, STEP, ½ TURN, STEP**

- 41& Touch right heel forward, step right by left
- 42& Touch left heel forward, step left by right
- 43-44 Step forward on right making ¼ turn left, cross left behind right (facing 3:00)
- &45 Step back on right diagonal, extend left heel forward
- &46 Step left by right, cross right over left
- 47-48 Step left to left & make ½ pivot right on ball of left, step forward on right (facing 9:00)

**STEP, LOCK, STEP, TWICE, TAP, SCOOT BACK, STEP, ROCK, RECOVER**

- 49&50 Step forward on left, lock right, step forward on left
- 51&52 Step forward on right, lock left, step forward on right
- 53& Tap left toe behind right, raising left toe scoot back on right
- 54 Step back on left
- 55-56 Rock back on right, recover on left

**STEP ½ PIVOT, ½ SHUFFLE TURN, ROCK, RECOVER, ¾ SHUFFLE TURN**

- 57-58 Step forward on right, ½ pivot left (facing 9:00)
- 59&60 Make ½ shuffle turn left stepping right, left, right (facing 3:00)
- 61-62 Rock back on left, recover on right
- 63&64 Make ¾ shuffle turn right stepping, left right, left (facing 6:00)

**Alternative for steps 57&68, 59-60,61&62**

- 59&60 Right shuffle forward stepping right left, right
- 61-62 Rock forward on left, recover on right making ¼ pivot right
- 63&64 Cross left over right, step right to right, cross left over right (left cross shuffle)

**REPEAT**

---