

# Mr Lonely

COPPERKNOB  
STEPSHETS

Compte: 64

Mur: 4

Niveau: Intermediate



Chorégraphe: Marilyn Griffin (UK) - January 2003

Musique: Mr. Lonely (Hex Mac Mix) - Deborah Cox : (CD: The Morning After)

1 - 2 Step

Forward on

Right, Touch

Left to Right

Heel

& 3 & 4 Step

Back on Left,

Right Heel

Forward, Step

Right in Place,

Step Forward

on Left

5 - 8 Repeat

steps 1 ? 4 (you

will be moving

forward on this

section)

**Section 2 Rock,**

**½ Turn, Right**

**Shuffle, Full**

**Turn, Left**

**Shuffle (Full**

**Turn can be**

**replaced by**

**walking Left**

**Right)**

1 - 2 Rock

Forward on

Right, Recover

weight onto

Left

3 & 4 Step R ½

Turn (over Right

Shoulder), bring

Left to meet

Right, Step

Forward on

Right

5 - 6 Step

Forward on Left

making a ½

Turn, Step Back

on Right making

a ½ Turn

(clockwise) (you

are now facing

6 o'clock wall)

7 & 8 Step  
Forward on Left,  
bring Right to  
meet Left, step  
Forward on Left

**Section 3 Side  
Rock Behind  
Side Cross,  
Side Rock  
Behind Side  
Cross**

1 - 2 Rock Right  
to Right Side,  
Recover weight  
onto Left  
3 & 4 Step Right  
behind Left,  
Step Left to Left  
Side, Cross  
Right over Left  
5 - 6 Rock Left  
To Left Side,  
Recover weight  
onto Right  
7 & 8 Step Left  
behind Right,  
Step Right to  
Right Side,  
Cross Left over  
Right

**Section 4 Jazz  
Box ¼ Turn,  
Right Diagonal  
Drag & Flick,  
Hip Bump Left  
Right & Flick**

1 - 4 Step Right  
across Left,  
Step Back on  
Left, Step Right  
to Right Side  
making ¼  
Turn, Step  
Forward on Left  
(9 o'clock wall)  
5 - 6 Step Right  
(Long Step)  
Forward to  
Right Diagonal,  
Drag Left  
towards Right a  
Flick behind  
Right

7 - 8 Step Left  
to Left side as  
you Bump Hip  
Left, Bump Hip  
Right  
transferring  
weight to Right  
(anticlockwise  
circular motion),  
Flicking Left  
behind Right

**Section 5 Side  
Behind and  
Heel and Cross,  
Touch, Kick  
Sweep ¼ Turn,  
Coaster Step**  
1-2 & 3 & 4  
Step Left to Left  
Side, Step Right  
behind Left,  
Step Left  
slightly Back  
and to Left and  
Touch Right  
Heel Diagonally  
Forward, Step  
Right in Place  
and Cross Left  
over Right  
5 - 6 Touch  
Right to Left  
instep and you  
twist slightly  
Left, Twist  
slightly Right as  
you Kick Right  
to Right  
Diagonal and  
Sweep Right  
out and around  
making ¼ Turn  
Right(you are  
now  
facing 12  
o'clock wall)  
7 & 8 Step back  
on Right, Step  
Left next to  
Right, Step  
Forward on  
Right

**Section 6 Step  
Drag Flick, Step  
Drag Flick, Kick  
& Cross, Back  
Side Cross**

1 - 2 Step Left  
long Step To  
Left, Drag Right  
towards Left  
and Flick Right  
behind Left  
3 - 4 Step Right  
long Step to  
Right, Drag Left  
towards Right  
and Flick Left  
behind Right  
5 & 6 Kick Left  
to Left Diagonal,  
step Left in  
place and cross  
Right over Left  
7 & 8 Step Back  
on Left, Step  
Right to Side  
and Cross Left  
over Right

**Section 7 Side  
Behind and  
Cross Hold,  
Side Behind &  
¼ turn Right,  
Swivel Heels  
Out In**

1 - 2 & 3 4 Step  
Right to Right  
Side, Cross Left  
Behind Right,  
Step Right to  
Side and Cross  
Left over  
Right, Hold  
5 - 6 & 7 & 8  
Step Right To  
Right Side,  
Cross Left  
Behind Right,  
Step Right to  
side making ¼  
Turn Right, Step  
Forward on Left,  
Swivel Heels  
Out In (you are  
now facing 3  
o'clock wall)

## Section

### 8 Forward

Lunge, Step  
Back ½ Turn,  
Full Turn, Left  
Shuffle (Full  
Turn can be  
replaced by  
walking Left  
Right)

1 - 2 Lunge

Forward on  
Right, Recover  
Weight onto  
Left

3 - 4 Touch

Right Toe back,  
make ½ Turn  
(over right  
shoulder), put  
weight down  
onto Right (you  
are now facing  
9 o'clock wall)

5 - 6 Step

forward on Left,  
as you make ½  
Turn, Step back  
on Right as you  
make ½ Turn  
(clockwise)

7 & 8 Step

Forward on Left,  
bring Right to  
meet Left, Step  
Forward on Left  
(9 o'clock wall)

**Note: End of  
dance ? you will  
be on Section 5  
facing front wall,  
complete ?side  
behind and heel  
& cross, touch  
kick?, remain on  
front wall and  
sweep right  
behind left.**

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