

# A Lonely Life

**COPPER** KNOB  
BY STEPHENETS

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Dougie D (UK) - February 2008

**Musique:** Lonely Alone - The Forester Sisters



**Intro, 32 counts from the word 'Careless'**

**Rolling vine left, step right to right side, tap left beside right, rock left, rock right with 1/4 turn right**

1-2 step left 1/4 turn left, make 1/4 left stepping right to right side

**(option to rolling vine, step left to left side, cross right)**

3-4 make 1/2 left, stepping left to left side, tap right beside left,

**(behind left, step left to left side, tap right beside left)**

5-6 long step to right side on right, tap left beside right,

7-8 step and rock left to left side, rock right to right side with 1/4 turn right

**Shuffle 1/2 turn right, back rock, full turn left, 1/4 turn left.**

1&2 shuffle 1/2 turn left, stepping left, right, left,

3-4 rock back on right, recover on left,

5-6 step fwd on right, pivot 1/2 turn left, step back on left, pivot 1/2 turn left,

**(option to full turn, walk fwd, right, left)**

7-8 rock out to right side, recover on left with 1/4 turn left,

**Fwd lunge, lock steps back x 2, back rock.**

1-2 lunge fwd on right, recover on left,

3&4 step back on right, step left in front of right, step back on right,

5&6 step back on left, step right in front of left, step back on left,

7-8 rock back on right, recover on left,

**Side rock, 1/4 turn left, cross and 1/2 turn left, fwd rock, side rock.**

1-2 step and rock right to right side, recover on left with 1/4 turn left,

3-4 cross right over left, pivot 1/2 turn left,

5-6 rock fwd on right, recover on left,

7-8 step back on right, tap left beside right

**Begin again.**

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