

Lonely

Compte: 32

Mur: 4

Niveau: Improver



Chorégraphe: Mercè ORRIOLS (ES) - July 2012

Musique: Only When You're Lonely - Craig Moritz : (CD: Only When You're Lonely)

Intro: 4 counts

Section 1 - ROCK (L) FWD, COASTER CROSS (L), WAVE (R)

- 1-2 Rock left forward, recover to right
- 3&4 Step left behind, step right together, cross left over right
- 5-6 Step right to side, cross left behind
- 7-8 Step right to side, cross left over right

Section 2 - ROCK (R) SIDE, COASTER STEP ¼ TURN LEFT, STEP, TOUCH, ROCK (R) BACK

- 1-2 Rock right to side, recover to left
- 3&4 Step right back, turn ¼ left and step left together, step right slightly forward
- 5-6 Step left forward, touch right together
- 7-8 Rock right back, recover to left (raising right)

Section 3 - TOE (R) & HEEL (L) SWITCHES, HEEL SWITCHES,(R&L) TOUCH, ¼ TURN RIGHT & KICK

- 1&2 Touch right toe behind right, step right together, touch left heel forward
- &3&4 Step left, touch right toe behind right, step right together, touch left heel forward
- &5&6 Step left together, touch right heel forward, step right together, touch left heel forward
- &7-8 Step left together, touch right toe together, turn ¼ right and kick right diagonally right

Section 4 - SAILOR STEP (R), BEHIND, ¼ TURN RIGHT & STEP (R), STEP ½ TURN RIGHT, STEP FWD L & R (OR FULL TURN R)

- 1&2 Cross right behind left, step left to side, step right to side
 - 3-4 Cross left behind right, turn ¼ right and step right forward
 - 5-6 Step left forward, turn ½ right (weight on right)
 - 7-8 Step left forward, step right forward (easier option)
- Or: turn ½ right and step left back, turn ½ right and step right forward (travelling forward)

REPEAT
