

# Lonely Hearts

拍数: 48      墙数: 2      级数: Intermediate  
编舞者: Maggie Gallagher (UK) - June 2021  
音乐: Lonely Hearts (Single Mix) - Ivory Layne



**Intro: 8 counts (start on vocals)**

## **S1: R RUMBA BOX, WALK, L LOCK STEP**

1&2      Step right to right side, Step left next to right, Step forward on right  
3&4      Step left to left side, Step right next to left, Step back on left  
5       $\frac{3}{8}$  right walking forward on right to right diagonal [4:30]  
6&7      Step forward on left, Lock right behind left, Step forward on left [4:30]

## **S2: SIDE/PUSH & CROSS & BEHIND &, CROSS ROCK, & CROSS, SIDE, BEHIND SIDE CROSS**

8&1       $\frac{1}{8}$  left stepping right to right side pushing hips right [3:00], Recover on left, Cross right over left  
&2&      Step left to left side, Cross right behind left, Step left to left side  
3-4&      Cross rock right over left, Recover on left, Step right to right side  
5-6      Cross left over right, Step right to right side  
7&8      Cross left behind right, Step right to right side, Cross left over right

## **S3: STEP TAP BACK/Drag, BACK $\frac{1}{2}$ STEP &, SYNCOPATED ROCK STEPS**

1&      Step forward on right to right diagonal [4:30], Tap left toe behind right  
2      Long step back on left dragging right to meet left [4:30]  
3&4&      Step back on right,  $\frac{1}{2}$  left stepping forward on left, Step forward on right, Step left next to right [10:30]  
5-6&      Rock forward on right, Recover on left, Step right next to left  
7-8&      Rock forward on left, Recover on right, Step left next to right [10:30]

## **S4: STEP, $\frac{1}{2}$ PIVOT, STEP, $\frac{1}{2}$ $\frac{1}{2}$ , SIDE, BACK ROCK, SWAY, SWAY**

1-2-3      Step forward on right,  $\frac{1}{2}$  pivot left, Step forward on right [4:30]  
4&       $\frac{1}{2}$  right stepping back on left,  $\frac{1}{2}$  right stepping forward on right [4:30]  
5      Step left to left side straightening to [6:00]  
6&      Cross rock right behind left, Recover on left  
7-8      Sway right, Sway left \*Restart Wall 5

## **S5: SIDE/DRAG, BACK ROCK, SIDE/DRAG, BACK ROCK, FWD ROCK, & CROSS ROCK, &**

1-2&      Long step to right side, Cross rock left behind right, Recover on right  
3-4&      Long step to left side, Cross rock right behind left, Recover on left  
5-6&      Rock forward on right, Recover on left,  $\frac{1}{4}$  right stepping right to right side [9:00]  
7-8&      Cross rock left over right, Recover on right, Step left to left side

## **S6: WALK, STEP $\frac{1}{2}$ , $\frac{1}{4}$ , BACK ROCK, R DOROTHY, L DOROTHY**

1-2&      Walk forward on right, Step forward on left,  $\frac{1}{2}$  pivot right [3:00]  
3-4&       $\frac{1}{4}$  right stepping left to left side [6:00], Cross rock right behind left, Recover on left  
5-6&      Step forward on right to right diagonal, Lock left behind right, Step forward on right  
7-8&      Step forward on left to left diagonal, Lock right behind left, Step forward on left [6:00]

**RESTART: Dance 32 counts of Wall 5 then restart the dance facing [6:00]**

**ENDING: Dance 16 counts of Wall 7, then unwind  $\frac{3}{4}$  right to finish facing [12:00]**

Thank you to Margaret Hains for suggesting the music

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