

# Lonely

拍数: 48      墙数: 4      级数: Improver  
编舞者: Marsha Story (USA)  
音乐: What's Up Lonely - Kelly Clarkson



## SIDE TOUCH RIGHT, TOUCH FORWARD, SLIDE RIGHT, TOUCH LEFT FORWARD, TOUCH LEFT SIDE, SLIDE BACK

1-2      Touch right foot to side, touch right foot forward  
3-4      Slide to the right, touch left foot next to right foot  
5-6      Touch left foot forward, touch left foot to side  
7-8      Slide back, touch right foot next to left foot

## ROCK RIGHT FORWARD, RECOVER, ROCK LEFT FORWARD, RECOVER, STEP RIGHT FORWARD, ½ TURN LEFT, BUMP & BUMP

1-2      Rock forward on right foot, recover  
&3-4      Place right foot next to left foot, rock forward on left foot, recover  
&5-6      Place left foot next to right foot, step right foot forward, make ½ turn to the left  
7&8      Bump and bump (keep weight on right foot)

## SWEEP LEFT BACK, BUMP & BUMP, KICK & TOUCH, ¼ TURN RIGHT

1-2      Sweep left foot back, place weight on left foot  
3&4      Bump and bump  
5&6      Kick right foot forward, touch left foot to the side  
7-8      Step left foot forward, make ¼ turn to the right

## FULL TURN LEFT, SHUFFLE FORWARD RIGHT-LEFT-RIGHT, ROCK FORWARD LEFT, RECOVER, ½ TURN SHUFFLE LEFT-RIGHT-LEFT

1-2      Step forward on right foot making ½ turn left, step back on left foot making ½ turn left  
3&4      Shuffle forward right, left, right  
5-6      Rock forward on left foot, recover  
7&8      Shuffle ½ turn left, right, left

## ROCK RIGHT TO SIDE, RECOVER, CROSS SHUFFLE RIGHT-LEFT-RIGHT, ROCK LEFT TO SIDE, RECOVER, CROSS SHUFFLE LEFT-RIGHT-LEFT

1-2      Rock right foot to right side, recover  
3&4      Cross shuffle right foot over left (right, left, right)  
5-6      Rock left foot to left side, recover  
7&8      Cross shuffle left foot over right (left, right, left)

## ROCK RIGHT FORWARD, RECOVER, ¼ SHUFFLE RIGHT-LEFT-RIGHT, ROCK LEFT FORWARD, RECOVER, ¼ SHUFFLE LEFT-RIGHT-LEFT

1-2      Rock right foot forward, recover  
3&4      Make ¼ turn shuffle right, left, right (turning right)  
5-6      Rock left foot forward, recover  
7&8      Make ¼ turn shuffle left, right, left (turning left)

## REPEAT

### TAG 1

After the 2nd rotation, repeat the last 16 counts of the dance

### TAG 2

**After the 4th rotation**

1-2                    Body roll

3-4                    Touch right foot to side, touch right foot forward

**Start dance over**

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