

# I Have Been Lonely

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Dave Munro (UK)  
音乐: I Have Been Lonely - Blake Shelton



## SIDE/TOGETHER, SIDE/TOUCH, BALL CROSS, SIDE/BEHIND/¼ TURN RIGHT

1-2      Step left to side, step right beside left  
3-4      Step left to side, touch right toe beside left  
&5-6      Step (on ball of) right foot beside left, cross step left over right, step right to side  
7-8      Step left behind right, turn ¼ right and step right foot forward (3:00)

## STEP ½ RIGHT, STEP ¼ RIGHT, LEFT CROSS ROCK/RECOVER, LEFT ROCK SIDE/ RECOVER

1-2      Step left forward, turn ½ turn right (weight to right)  
3-4      Step left forward, turn ¼ turn right (weight to right)  
5-6      Rock left across right, recover weight onto right  
7-8      Rock left to side, recover weight onto right (12:00)

## BEHIND, ¼ TURN RIGHT, STEP ¼ RIGHT, LEFT CROSS, HOLD, STEP SIDE, STEP BACK

1-2      Cross left behind right, turn ¼ turn right and step right forward  
3-4      Step left forward, turn ¼ turn right (weight to right)  
5-6      Step left across right, hold  
7-8      Step right to side, step left back (6:00)

## LOCK/BACK, STEP SIDE, STEP FORWARD/LOCK/FORWARD, STEP ½ LEFT

1-2      Step right back locked across left, step left back  
3-4      Step right to side, step left forward  
5-6      Step right forward locked behind left, step forward left  
7-8      Step right forward, turn ½ turn left (weight to left) (12:00)

## ¼ TURN LEFT, STEP TOGETHER, RIGHT ROCK BACK/RECOVER, STEP ¼ LEFT, ¼ TURN

1      Turn ¼ turn left and step right a long step to right  
2      Step left next to right  
3-4      Rock right back, recover onto left  
5-6      Step right forward, turn ¼ left (weight to left)  
7      Turn ¼ left and step right to side (3:00)

## LEFT SAILOR, ROCK BACK/RECOVER, STEP ¼ LEFT, ¼ TURN, LEFT SAILOR

8&1      Step left behind right, step right slightly right, step left slightly left  
2-3      Rock right back, recover onto left  
4-5      Step forward right, turn ¼ left (weight to left)  
6      Turn ¼ turn left and step right to side  
7&8      Step left behind right, step right slightly right, step left slightly left (9:00)

## BEHIND/SIDE/CROSS, ROCK/RECOVER, BEHIND, ¼ TURN TWICE

1-3      Step right behind left, step left to side, cross step right in front of left  
4-5      Rock left to forward left diagonal, recover onto right  
6      Step left behind right  
7-8      Turn ¼ turn right and step right forward, turn ¼ turn right and step left to side (3:00)

## BEHIND/SIDE, CROSS ROCK/RECOVER, STEP SIDE/CROSS, SIDE/TOUCH

1-2      Step right behind left, step left to side

3-4 Rock right across left, recover weight onto left  
5-6 Step right to side, step left across right  
7-8 Step right to side, touch left beside right (3:00)

**REPEAT**

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