

# Lonely

拍数: 32      墙数: 4      级数: Improver  
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音乐: 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

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