

# Lonely Inside

拍數: 64      牆數: 4      級數: Improver  
編舞者: Antoinette Claassens (NL) - December 2021  
音樂: Right here, right now - Stefan Van Den Hout



**Intro: Starts on the song**

## **Skate R L, shuffle forward, skate L R, Shuffle forward**

1 - 2            RF skate - LF skate  
3 & 4           RF step fwd - LF close RF step fwd  
5 - 6           LF skate - RF skate  
7 & 8           LF step fwd - RF close - LF step fwd

## **RF Cross over, step back, chassé R - LF cross over, step back, chassé L**

1 - 2            RF cross over - LF step back  
3 & 4           RF step R side - LF close - RF step R side  
5 - 6           LF cross over - RF step back  
7 & 8           LF step L side - RF close - LF step L side

## **Forward rock step, shuffle 1/2 turn R, Step fwd 2x 1/2 turn R, mambo step fwd**

1 - 2            RF rock fwd - recover on LF  
3 & 4           RF step back 1/4 R - LF close - RF step fwd 1/4 R  
5 - 6           LF step back 1/2 R - RF step fwd 1/2 R  
7 & 8           LF rock fwd - recover on RF - LF close \* restart punt

## **Mambo step forward, mambo step back, Mambo cross R side, mambo cross L side**

1 & 2           RF rock fwd - recover on LF - RF close  
3 & 4           LF rock back - recover on RF - LF close  
5 & 6           RF rock R side - recover on LF - RF cross over  
7 & 8           LF rock L side - recover on RF - LF cross over

## **Step forward, pivot 1/4 L (x2), jazzbox cross**

1 - 2            RF step fwd - RF+LF turn 1/4 L  
3 - 4            RF step fwd - RF+LF turn 1/4 L  
5 - 6            RF cross over - LF step back  
7 - 8            RF step R side - LF cross over

## **Point R, close 1/4 R, side mambo cross (x2)**

1 - 2            RF point R - close 1/4 turn R  
3 & 4            LF rock L side - recover on RF - LF cross over  
5 - 6            RF point R - close 1/4 turn R  
7 & 8            LF rock L side - recover on RF - LF cross over

## **Step R side, cross behind, chassé 1/4 R, step forward, pivot 3/4 R, chassé L**

1 - 2            RF step R side - LF cross behind  
3 & 4            RF step R side - LF close - RF step fwd 1/4 R  
5 - 6            LF step fwd - LF+RF turn 3/4 R  
7 & 8            LF step L side - RF close - LF step L side

## **Cross rock behind, kick-ball-cross, side rock, Sailor touch 1/4 turn R**

1 - 2            RF cross rock behind - recover on LF  
3 & 4            RF kick diagonal R fwd - RF step on ball - LF step next

5 - 6 RF rock R side - recover on LF

7 & 8 RF cross behind 1/4 turn R - LF step L side - RF touch next to LF

**Start over again!**

**Restart: in the 5th wall after session 3 (= after 24 counts)**

**Finish: at the end of the song after session 1 [3] dance a jazzbox with 1/4 turn L to the start wall [12] and touch next.**

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