

# Only The Lonely

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Brenda Shatto (USA) & Barbara Tobin (USA) - July 2023  
音樂: Only the Lonely - The Motels



**1 Restart, 1 Restart/Step Change: See below for details**

**Intro: 16 counts. Weight on left.**

**[1-8] Step, hold, 1/2 right pivot, step, close, step, hold**

1,2            Step R forward, hold  
3,4            Step L forward, 1/2 right pivot (weight on R) [6:00]  
5,6,7         Step L forward, close R, step L forward  
8              Hold

**[9-16] 1/2 left turn with sweep, behind side, cross rock, recover, side, hitch with body twist**

1,2            Turn 1/2 left stepping R back [12:00], sweep L from front to back [12:00]  
3,4            Cross L behind R, step R to right \*Restart/Step Change Wall 10\*  
5,6            Cross rock L over R, recover R  
7,8            Step L to left, hitch R knee and twist upper body slightly to right

**\*Restart Wall 3, facing [6:00]\***

**[17-24] 1/4 left cross shuffle, 1/4 left turn arc shuffle, rocking chair**

1&2            Cross R over L, step L to left, 1/4 left turn step R forward [9:00]  
3&4            In arc pattern: 1/4 left turn step L forward [6:00], close R, step L [6:00]  
5,6            Rock R forward, recover L  
7,8            Rock R back, recover L

**[25-32] 1/2 left turn back shuffle, rock recover, 1/4 right turn left chasse, rock recover**

1&2            1/4 left turn step R to right [3:00], close L, 1/4 left turn step R back [12:00]  
3,4            Rock L back, recover R  
5&6            1/4 right turn step L to left [3:00], close R, step L to left [3:00]  
7,8            Rock R back, recover L

**Restart Wall 3 after 16 counts: Start at [6:00], restart dance facing [6:00]**

**Restart/Step change Wall 10: Start at [12:00]. After count 10: Continue to sweep L from front to back (count 11), step L behind R (count 12), and restart dance facing [12:00]**

**Ending: Wall 12 start at [3:00]. After count 24 [9:00] make 3/4 turn left.**

1,2            1/2 turn left step R back, 1/4 turn left step L to side [12:00]

**Contact the choreographers with your questions: [brenshatto@yahoo.com](mailto:brenshatto@yahoo.com); [barbara.tobin@yahoo.com](mailto:barbara.tobin@yahoo.com)  
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