

Only Lonely

Choreographer: Maria Hennings Hunt

Count: 64

Wall: 2

Level: Improver

Intro: 32 counts

Music: "You're Only Lonely" by JD Southern



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SIDE, CLOSE, SHUFFLE FWD, SIDE CLOSE SHUFFLE FWD

1-2 Step side LF, close RF to LF
3&4 Step LF forward, close RF to LF, step LF forward
5-6 Step side RF, close LF to RF
7&8 Step RF forward, close LF to RF, step RF forwards

ROCK STEP, BACK LOCK STEP, ½ TURN, WALK, WALK, SHUFFLE

1-2 Rock forward on LF, recover weight on RF
3&4 Step back LF, lock RF in front of LF, step back LF
5-6 Turn ½ over right shoulder, walk forward on RF, walk fwd LF
7&8 Step forward on RF, close LF to RF, step forward RF

** Alternative counts 5-8* Turn ½ right, full turn right stepping forward LF*

ROCK STEP, COASTER STEP. JAZZ BOX ¼ TURN CROSS

1-2 Rock forward on LF, recover weight on RF
3&4 Step back on LF, close RF to LF, step LF forwards
5-6 Cross RF over LF, step back LF
7-8 Step RF to side turning ¼ right, cross LF over RF

¼, ¼ CROSS SHUFFLE, ¼, ¼ CROSS SHUFFLLE

1-2 Turning ¼ L step RF back, turning ¼ L step LF to side
3&4 Cross RF over LF, step LF to side, cross RF over LF
5-6 Turing ¼ R step LF back, turning ¼ R step RF to side
7&8 Cross LF over RF, step RF to side, cross LF over RF

SIDE ROCK, BEHIND SIDE CROSS, SIDE, CLOSE, CHASSE LEFT

1-2 Rock RF to side, recover weight LF
3&4 Step RF behind LF, step LF to side, cross RF over LF
5-6 Step LF to side, close RF to LF taking weight on RF
7&8 Step LF to side, close RF to LF, step LF to side

JAZZ BOX CROSS, SIDE, CLOSE, CHASSE RIGHT

1-2 Cross RF over LF, step back LF
3-4 Step RF to side, cross LF over RF
5-6 Step RF to side, close LF to RF taking weight on LF
7&8 Step RF to side, close LF to RF, step RF to side

CROSS ROCK, CHASSE LEFT, WEAWE ¼ TURN LEFT

1-2 Cross LF over RF, recover weight on RF
3&4 Step LF to side, close RF to LF, step LF to side
5-6 Step RF across LF, step LF to side
7-8 Step RF behind LF, step LF ¼ turn left (6)

FWD ROCK, COASTER STEP, ROCKING CHIAR (OR STEP ½ TURN, STEP ½ TURN)

1-2 Rock forward on RF, recover weight LF
3&4 Step RF back, close LF to RF, step RF forward
5-6 Rock forward on LF, recover weight on RF
7-8 Rock back on LF, recover weight on RF

Start Again



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