

Lonely No More

Phrased, 4 wall, intermediate level

Choreographer: Paul Foxall (UK) April 2005

Choreographed to: Lonely No More by Rob Thomas
(90 bpm)

24 count intro

Dance Pattern A, Tag, A, B, A, A, B, A, A, B, B, B, B

Section A

- 1,2 & 3,4 Step right foot to the right side (1), drag left foot and touch besides right (2)
Change weight onto left foot (&), walk forward right (3), left (4)
- 5,6 & 7,8 Step forwards on right (5), pivot half a turn to the left (6), step forwards onto right (&),
step left toe behind right heel (7), unwind half a turn to the left (8)
- 1,2 & 3,4 Kick right foot to the right diagonal (1), step right foot behind left (2),
Step left foot to the left side (&) step right across left (3),
step left foot into quarter of a turn to the left (4)
- 5,6 & 7,8 Step right behind left (5), point left to the left side (6) Step onto left (&
point right to the right side (7) clap hands once (8)
- 1,2 & 3,4 Step back with right foot (1), left coaster step (2 & 3), Step forward onto right (4)
- 5,6 & 7,8 Step forward left (5), Touch right besides left (6), Jump back right, left (&),7)
Clap hands once (8)
- 1,2 & 3,4 Rock right foot to the right side (1), recover (2) step right besides left (&
rock left foot to the left side (3), recover (4)
- 5 & 6 & 7,8 Step left behind right (5) step right to the right side (&) step left across right (6)
step right to the right side (&) Step left behind right (7) Step right foot to the right side
as you click the fingers once(8)

Section B

- 1 & 2,3,4 Left sailor step (1,&,2), Step right behind left, (3), Step left to the left side (4)
- 5 & 6,7,8 Right sailor step (5,&,6) Step left behind right (7), Step right to the right side (8)
- 1 & 2,3,4 Step left foot forward (1) Pivot half a turn to the right (&) step left foot forward (2),
Step right heel forward (3), step right toe back (4)
- 5 & 6,7,8 Right shuffle forward (5 & 6) Step left foot forward (7) touch right foot besides left (8)

4 Count Tag

Step forward onto left (1), touch right behind left (2) step back onto right (3) Step left to the left side (4)