

Lonely No More

32 count, 4 wall, intermediate level

Choreographer: Neville, Andrew, Simon & Sheila (UK)
July 2005

Choreographed to: Lonely No More by Rob Thomas,
CD Single

Starts after 16 Counts.

Sequence... 32 Tag 32 16 32 32 16 32 32 32

Step, Right Lock Step, 1/2 Turn Point, & Step 3/4, Sweep Behind & Cross.

- 1 Step forward on Left
- 2&3 Step forward on Right, lock Left behind Right, step forward on Right.
- 4 Pivot 1/2 turn to **RIGHT** pointing Left to Left side [6:00].
- &5-6 Step Left next to Right, step forward on Right, pivot 3/4 turn to Left sweeping Left round & behind [9:00].
- 7&8 Cross step Left behind Right, step Right to Right side, cross step Left over Right.

Bump & 1/4 Turn, Kick & Step, Sailor 1/2 Turn, & Press, 1/4 Turn.

- 1&2 Bump hips Right, Left, then bump back as you make 1/4 turn to Left (weight on Right) [6:00].
- 3&4 Kick Left forward, step Left next to Right, step Forward on Right.
- 5&6 Make 1/4 turn to Left stepping Left behind Right, 1/4 turn to Left stepping Right next to Left, step forward on Left. (sailor 1/2) [12:00].
- &7-8 Tap Right next to Left, press forward on Right, make 1/4 turn to Left as you step Left a large step to Left side dragging Right toward Left [9:00].

Twinkle 1/2 Turn, Rock, Recover, & Cross & Touch, 1/2, 1/4 Hitch.

- 1&2 Cross step Right over Left, make 1/4 turn to Right stepping back on Left, 1/4 turn to Right stepping Right to Right side [3:00].
- 3-4 Cross rock Left over Right, recover on Right.
- &5 Step Left to Left side, cross step Right over Left.
- &6 Step Left to Left side, touch Right toe behind Left
- 7-8 Unwind 1/2 turn to Right taking weight on Right, 1/4 turn to Right hitching Left knee [12:00].

Cross Rock 1/4 Turn, 1/2, 1/2, Step, Back, Rock & 1/2, Pose.

- 1&2 Cross rock Left over Right, recover on Right, make 1/4 to Left stepping forward on Left [9:00].
- 3&4 Make 1/2 turn to Left stepping back on Right, 1/2 turn to Left stepping forward on Left, step forward on Right [9:00].
- 5 Step back on Left.
- 6&7 Rock back on Right, recover on Left, make 1/2 turn to Left stepping back on Right [3:00].
- 8 Touch Left in front of Right (knee bent)

Tag: End of Wall 1 to be danced only once.

- 1 Step forward on Left.
- 2&3 Step forward on Right, 1/2 turn to Left stepping forward on Left, 1/2 turn Left stepping back on Right.
- 4 Touch Left in front of Right (knee bent)

At end of Wall 2 & Wall 5 instead of starting from Count 1 dance the last 16 Counts again..

i.e. From Count 32 add

& Step Left to Left side

Then dance from count 17... Twinkle 1/2 turn... This will happen facing the back wall both times & turn you to face front again.
