



# My Lonely Nights



**32 Count – 4 wall – Beginner**

**Choreographed by Alan Haywood and Jo & John Kinser (UK) (April 2009)**

**Choreographed to “Prayin’ For Daylight” by Rascal Flatts from the Greatest Hits – Vol 1 album (90 bpm) 16 slow counts, start on vocals**

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## Section 1

**R side, touch L, L side, touch R, walk forward R L, R forward, ½ L**

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-6 Walk forward right, walk forward left
- 7&8 Step forward onto right, pivot ½ turn left (6 o/c)

**Restart here at end of wall 2**

## Section 2

**R brush hook step, L brush hook step, R forward rocking chair**

- 1&2 Brush right forward, hook right in front of left, step forward onto right
- 3&4 Brush left forward, hook left in front of right, step forward onto left
- 5-6 Rock forward onto right, recover weight back onto left
- 7-8 Rock back onto right, recover weight forward onto left

## Section 3

**Cross R over L, point L, cross L over R, point R, R over jazz box cross**

- 1-2 Cross step right over left, point left to left side
- 3-4 Cross step left over right, point right to right side
- 5-6 Cross step right over left, step left back
- 7-8 Step right to right side, cross step left over right

## Section 4

**¼ L (R back), touch L forward, L forward, touch R, R back, hook L, L forward shuffle**

- 1-2 Make a ¼ turn left stepping right back, touch left heel forward
- 3-4 Step forward onto left, touch right toe behind left
- 5-6 Step back onto right, sliding left towards right hook left in front
- 7&8 Step forward onto left, close right next to left, step forward onto left

**REPEAT AND ENJOY!**

**To keep the music in phase, we have had to put in one restart and one 4-count tag.**

**At the end of wall 2, dance the first 8 counts only, then restart the dance facing 12 o'clock.**

**At the end of wall 6, a 4-count tag is required. Just do the first 4 counts of the dance to make the tag (R side, touch L, L side, touch R).**

**At this point, you will be facing 9 o'clock**

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