

No More Lonely

BEGINNER

56 Count

Choreographed by: Robyn Menerey

Choreographed to: No More Lonely by David Ball

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- 1 - 2 Touch right toe beside left foot, kick right foot forward
3 - 4 Rock/step right foot backward, rock forward onto left
5 & 6 Shuffle forward right-left-right
7 - 8 Step left foot forward, make 1/2 pivot turn right stepping forward onto right
9 - 10 Touch left toe beside right foot, kick left foot forward
11 - 12 Rock/step left foot backward, rock forward onto right
13 - 14 Step left foot forward, make 1/2 turn right stepping forward onto right
15 - 16 Repeat previous pivot turn count 13-14
17 - 18 Rock/step left foot forward, rock backward onto right
19 & 20 Shuffle backward left-right-left
21 & 22 Make 1/2 turn right on ball of left foot & shuffle forward right-left-right
23 - 24 Step left foot forward, touch right toe beside left
25 - 26 Rock/step right foot to right side, rock sideward onto left
27 - 28 Step right foot across behind left, hold
29 - 30 Rock/step left foot to left side, rock sideward onto right
31 - 32 Step left foot across behind right, hold
33 - 36 Vine right right-left-right, touch left foot beside right
37 - 38 Step left foot to left side, step right foot across behind left
39 - 40 Make 1/4 turn left on ball of right foot & step left foot forward touch right foot beside left
41 & 42 Right foot kick ball change
43 - 44 Step right foot forward, make 1/4 pivot turn left transferring weight to left foot
45 - 48 Repeat previous counts 41-44
49 - 52 Shuffle forward right-left-right, left-right-left
53 - 54 Step right foot forward, make 3/4 pivot turn left transferring weight to left foot
55 - 56 Step right foot to right side, step left foot beside right

REPEAT

/To make the dance finish facing front, counts 13-15 become a full turn to the right stepping in place left-right-left