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## Lonely & Blue

40 Count, 4 Wall, Beginner

Choreographer: Graham Mitchell (UK) Nov 2015

Choreographed to: I'm Feeling A Bit Lonely by  
Lisa McHugh

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- S1 (1-8) HEEL STRUTS RIGHT, LEFT, ROCKING CHAIR**  
1-2 Place Right heel forward, press right toe down  
3-4 Place Left heel forward, press Left toe down  
5-6 Rock forward on Right, recover on Left  
7-8 Rock back on Right, recover on Left
- S2 (1-8) HEEL STRUTS RIGHT, LEFT, ROCK RECOVER, BACK-HOLD**  
1-2 Place Right heel forward, press Right toe down  
3-4 Place Left heel forward, press Left toe down  
5-6 Rock forward on Right recover on Left  
7-8 Step back on Right, Hold
- S3 (1-8) BACK SWEEPS, SAILOR ¼, CROSS ROCK, CROSS SHUFFLE**  
1-2 Sweep left back stepping back left, sweep Right stepping back Right  
3&4 Step Left to left, step right making ¼ left, step Left beside right  
5&6 Rock Right over Left, recover on left, Step Right to right side  
7&8 Cross Left over Right, Step Right to right side, Cross Left over Right
- S4 (1-8) RHUMBA BOX, CHARLESTON STEP**  
1&2 Step Right to right side, Step left beside Right, Step back Right  
3&4 Step left to left, step Right beside left, Step forward left  
5-6 Point Right toe forward, Step back Right  
7-8 Point left toe back, Step forward Left
- S5 (1-8) TOE HEEL STOMPS, MAMBO STEP, COASTER STEP**  
1&2 Point right toe right, touch right heel beside left, Stomp right beside left  
3&4 Point Left toe Left, touch Left heel beside Right, Stomp left beside Right  
5&6 Rock forward on Right, Recover on Left, step back Right  
7&8 Step back left, close Right beside Left, step forward Left
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