



## Lonely This Weekend

64 Count, 2 Wall, Improver

Choreographer: April Coady (IE), Suzi Beau (UK) & Wil Bos (NL) Oct 2017

Choreographed to: Lonely Weekend by Bo Walton.

Album: Lonely Weekend

**Info:** 148 Bpm - Intro 32 counts

**Section 1 Chassé, Rock Behind Recover, Chassé, Rock Back Recover**

1&2 RF step side, LF together, RF step side  
3-4 LF rock behind, RF recover  
5&6 LF step side, RF together, LF step side  
7-8 RF rock back, LF recover [12]

**Section 2 Heel Switches, Clap, Toe Switches, Clap**

1&2& RF dig heel forward, RF together, LF dig heel forward, LF together  
3-4 RF dig heel forward, clap  
5&6& RF point side, RF together, LF point side, LF together  
7-8 RF point side, clap [12]

**Section 3 Sync. Jazz Box Cross, Rock Back Recover, Pivot ½ R**

1-2 RF cross over, LF step back  
&3-4 RF step beside on ball foot, LF cross over, RF step side  
5-6 LF rock back, RF recover  
7-8 LF step forward, L+R ½ turn right [6]

**Section 4 Shuffle Fwd, Full Turn L, Out Out, Clap, Elvis Knees**

1&2 LF step forward, RF step beside, LF step forward  
3-4 RF ½ left step back, LF ½ left step forward  
&5-6 RF step right forward (out), LF step side (out), clap  
7-8 RF push knee inward, LF push knee inward [6]

**Section 5 Chassé, Rock Behind Recover, Chassé ¼ L, Reverse Pivot ½ L**

1&2 LF step side, RF together, LF step side  
3-4 RF rock behind, LF recover  
5&6 RF step side, LF together, RF ¼ left step back  
7-8 LF point back, L+R ½ turn left [9]

**Section 6 Rock Fwd Recover, Coaster, Point x2, Sailor ¼ L**

1-2 RF rock forward, LF recover  
3&4 RF step back, LF together, RF step forward  
5-6 LF point forward, LF point side  
7&8 LF ¼ left cross behind, RF step beside, LF step slightly forward [6]

**Section 7 Figure Of Eight**

1-4 RF step side, LF cross behind, RF ¼ right step forward, LF step forward  
5-8 L+R ½ turn right, LF ¼ right step side, RF cross behind, LF ¼ left step forward [3]

**Section 8 Cross, Point (x2), Jazz Box Cross ¼ R**

1-4 RF cross over, LF point side, LF cross over, RF point side  
5-8 RF cross over, LF ¼ right step back, RF step side, LF cross over [6]

**Start again**