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**Remember to Vote** for your favourite dances in the Linedancer Charts.

**SEC 1 SKATE R L, SHUFFLE FORWARD, SKATE L R, SHUFFLE FORWARD**

1-2 RF skate, LF skate  
3&4 RF step fwd, LF close, RF step fwd  
5-6 LF skate, RF skate  
7&8 LF step fwd, RF close, LF step fwd

**SEC 2 RF CROSS OVER, STEP BACK, CHASSÉ R, LF CROSS OVER, STEP BACK, CHASSÉ L**

1-2 RF cross over, LF step back  
3&4 RF step R side, LF close, RF step R side  
5-6 LF cross over, RF step back  
7&8 LF step L side, RF close, LF step L side

**SEC 3 FORWARD ROCK STEP, SHUFFLE ½ TURN R, STEP FWD 2X ½ TURN R, MAMBO STEP FWD**

1-2 RF rock fwd, recover on LF  
3&4 RF step back ¼ R, LF close, RF step fwd ¼ R (6:00)  
5-6 LF step back ½ R, RF step fwd ½ R (6:00)  
7&8 LF rock fwd, recover on RF, LF close

**Restart** Here on Wall 5

**SEC 4 MAMBO STEP FORWARD, MAMBO STEP BACK, MAMBO CROSS R SIDE, MAMBO CROSS L SIDE**

1&2 RF rock fwd, recover on LF, RF close  
3&4 LF rock back, recover on RF, LF close  
5&6 RF rock R side, recover on LF, RF cross over  
7&8 LF rock L side, recover on RF, LF cross over

**SEC 5 STEP FORWARD, PIVOT ¼ L (X2), JAZZBOX CROSS**

1-2 RF step fwd, RF&LF turn ¼ L (3:00)  
3-4 RF step fwd, RF&LF turn ¼ L (12:00)  
5-6 RF cross over, LF step back  
7-8 RF step R side, LF cross over

**SEC 6 POINT R, CLOSE ¼ R, SIDE MAMBO CROSS (X2)**

1-2 RF point R, close ¼ turn R (3:00)  
3&4 LF rock L side, recover on RF, LF cross over  
5-6 RF point R, close ¼ turn R (6:00)  
7&8 LF rock L side, recover on RF, LF cross over

**Lonely Inside**  
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## Lonely Inside

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### **SEC 7 STEP R SIDE, CROSS BEHIND, CHASSÉ ¼ R, STEP FORWARD, PIVOT ¾ R, CHASSÉ L**

- 1-2 RF step R side, LF cross behind
- 3&4 RF step R side, LF close, RF step fwd ¼ R (9:00)
- 5-6 LF step fwd, LF&RF turn ¾ R (6:00)
- 7&8 LF step L side, RF close, LF step L side

### **SEC 8 CROSS ROCK BEHIND, KICK-BALL-CROSS, SIDE ROCK, SAILOR TOUCH ¼ TURN R**

- 1-2 RF cross rock behind, recover on LF
- 3&4 RF kick diagonal R fwd, RF step on ball-LF step next
- 5-6 RF rock R side, recover on LF
- 7&8 RF cross behind ¼ turn R, LF step L side, RF touch next to LF (9:00)

**Ending** At the end of the song after section 1 dance a jazzbox with ¼ turn L and touch next

