



Lonely Heat

32 Count 2 Wall Improver Level Dance.
Choreographed by: Kim Liebsch (DK) Jun 2025
Choreographed to: Lonely Heat by Drew Sycamore
Intro: 16 Counts. Start at approx 8 secs.

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

SEC 1 CROSS ROCK, SAILOR $\frac{1}{4}$ TURN, ROCK, SAILOR $\frac{1}{2}$ TURN

- 1-2 Cross R over L, recover on L
- 3&4 Cross R behind L making $\frac{1}{4}$ turn R, stepping L to L side, step R to R side (3:00)
- 5-6 Rock fwd on L, recover on R
- 7&8 Cross L behind R, making $\frac{1}{2}$ turn L stepping R to R side, step L to L side (9:00)

SEC 2 WALK WALK, STEP LOCK STEP, ROCK, BACK LOCK STEP

- 1-2 Walk fwd R, walk fwd L
- 3&4 Step fwd R, lock L behind R, step fwd on R
- 5-6 Step fwd on L, recover on R
- 7&8 Step back on L, lock R in front of L, step back on L

SEC 3 $\frac{1}{4}$ SIDE, HOLD, BALL SIDE, TOUCH, SIDE, HOLD, BALL SIDE, TOUCH

- 1-2 Make $\frac{1}{4}$ turn R stepping R to R side, hold (12:00)
- &3-4 Step L beside R, step R to R side, touch L beside R
- 5-6 Step L to L side, hold
- &7-8 Step R beside L, step L to L side, touch R beside L

SEC 4 KICK BALL POINT, KICK BALL POINT, KICK HITCH $\frac{1}{2}$ TURN, KICK BALL STEP

- 1&2 Kick R fwd, step R beside L, point L to L side
- 3&4 Kick L fwd, step L beside R, point R to R side
- 5-6 Kick R fwd, hitch R while making $\frac{1}{2}$ turn L (6:00)
- 7&8 Kick R fwd ball step R beside L, step fwd on L