

A Lonely Life

32 count, 4 wall, intermediate level

Choreographer: Dougie D. (UK) Feb 2008

Choreographed to: Lonely Alone by The Forester Sisters (96 bpm)

Intro, 32 counts from the word 'Careless'

Rolling vine left, step right to right side, tap left beside right, rock left, rock right with 1/4 turn right

- 1-2 step left 1/4 turn left, make 1/4 left stepping right to right side
(option to rolling vine, step left to left side, cross right)
- 3-4 make 1/2 left, stepping left to left side, tap right beside left,
(behind left, step left to left side, tap right beside left)
- 5-6 long step to right side on right, tap left beside right,
- 7-8 step and rock left to left side, rock right to right side with 1/4 turn right

Shuffle 1/2 turn right, back rock, full turn left, 1/4 turn left.

- 1&2 shuffle 1/2 turn left, stepping left, right, left,
- 3-4 rock back on right, recover on left,
- 5-6 step fwd on right, pivot 1/2 turn left, step back on left, pivot 1/2 turn left,
(option to full turn, walk fwd, right, left)
- 7-8 rock out to right side, recover on left with 1/4 turn left,

Fwd lunge, lock steps back x 2, back rock.

- 1-2 lunge fwd on right, recover on left,
- 3&4 step back on right, step left in front of right, step back on right,
- 5&6 step back on left, step right in front of left, step back on left,
- 7-8 rock back on right, recover on left,

Side rock, 1/4 turn left, cross and 1/2 turn left, fwd rock, side rock.

- 1-2 step and rock right to right side, recover on left with 1/4 turn left,
- 3-4 cross right over left, pivot 1/2 turn left,
- 5-6 rock fwd on right, recover on left,
- 7-8 step back on right, tap left beside right