

Another Lonely Day

LINEDANCE.COM

Count: 48

Wall: 2

Level: Improver

Choreographer: Val Parry

Music: Another Lonely Day by Chris James

Music download available free <http://www.chrisjamescountry.co.uk/>

INTRO - 16 Counts - Restarts 2.

SECTION 1 - Step Forward, Mambo ½, Lock step forward, Cross rock, Side, Together, Left chasse

- 1** Step forward on Right
- 2 & 3** Rock forward on Left, Recover weight on Right, Turn ½ left stepping forward on Left foot
- 4 & 5** Step forward Right, Lock Left behind Right, Step forward on Right
- 6 & 7 &** Cross rock Left over Right, Recover weight on Right, Step Left to left , Close Right to Left
- 8 & 1** Step Left to left side, Close Right next to Left, Step Left to left side 6 o'clock

SECTION 2 -Cross rock side, Behind ¼ R, ¼ R, Back rock, Side rock, Cross rock, Side

- 2 & 3** Cross Rock Right over Left, Recover weight on Left, Step Right to right side
- 4 & 5** Cross Left behind Right, Turn ¼ right step forward on Right, Turn ¼ right step Left to side
- 6 & 7 &** Rock Right behind Left, Recover weight on Left, Rock Right to side, Recover weight on Left
- 8 & 1** Cross rock Right over Left, Recover weight on Left, Step Right o right side 12o'clock

SECTION 3 -Cross, Side, Sailor step, Cross, Back, Side, Cross, Back, Side

- 2, 3** Cross Left over in front of Right, Step Right to right side
- 4 & 5** Cross Left behind Right, Step Right to right side, Step Left to left side
- 6 & 7** Cross Right over Left, Step back on Left, Step Right to right side
- 8 & 1** Cross Left over Right, Step back on Right, Step Left to left side 12o'clock

SECTION 4 -Back rock, Side, Back rock Step, Right rocking chair, Pivot ½ Step forward

- 2 & 3** Rock back on Right, Recover weight on Left, Step Right to right side
- 4 & 5** Rock back on Left, Recover weight on Right, Step Left forward
- 6 & 7 &** Rock forward on Right, Recover weight on Left, Rock back on Right, Recover weight on Left
- 8 & 1** Step forward Right, Turn ½ left stepping forward on Left, Step forward on Right 6 o'clock

SECTION 5 -Walk L-R Rocking Chair, Forward rock, Run back L-R, Coaster Step

- 2, 3** Walk forward Left, Walk forward Right
- 4 & 5 &** Rock forward on Left, Recover weight on Right, Rock back on Left, Recover weight on Right
- 6 & 7 &** Rock forward on Left, Recover weight on Right, Run back Left, Run back Right
- 8 & 1** Step back Left, Step Right next to Left, Step Left forward towards left diagonal 6 o'clock

SECTION 6 -Cross rock, ½ rumba box forward, pivot ½, Step forward, Pivot ½

- 2, 3** Cross rock Right over Left, Recover weight on Left
- 4 & 5** Step Right to right side, Step Left next to Right, Step Right forward

RESTARTS HERE ON WALLS 2 & 4 (Count 5 becomes Count 1)

- 6 & 7** Step forward on Left, Pivot ½ right stepping forward on Right, Step forward on Left
- 8 &** Step forward on Right, Pivot ½ left stepping forward on Left 6 o'clock

RESTARTS

Wall 2 and Wall 4 - Facing front after count 4& of Section 6 (Count 5 of section 6 becomes Count 1)

ENDING Wall 6 - Dance through Section 1 and Section 2 and then dance the following

Cross, Side, Sailor ½ turn,

- 2, 3** Cross Left over in front of Right, Step Right to right side
- 4 & 5** Cross left behind right, turn half left stepping right to right side, step left in place

WEB: <http://www.cynon-stompers.co.uk> - EMAIL: val@cynon-stompers.co.uk