

SO IF YOU'RE LONELY

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Count: 64

Wall: 4

Level: Intermediate level

Choreographer: Ann Wood (Aug 07)

Music: Whistle For The Choir by The Fratellis

SIDE, BEHIND & CROSS SIDE, BEHIND AND CROSS, ROCK RECOVER

1-2&3-4 Step right to side, cross left behind right, step right to side, cross left over right, step right to side

5&6-7-8 Cross left behind right, step right to side, cross left over right, rock right to side, recover onto left

CROSS TOUCH, CROSS UNWIND, KICK BALL CHANGE, ROCK RECOVER

1-4 Cross right over left, touch left to side, cross left over right, unwind $\frac{1}{2}$ right

5&6-7-8 Right kick ball change, rock right forward, recover onto left

SYNCOPATED FORWARD ROCKS, TOUCH BACK, TURN $\frac{1}{4}$ RIGHT, CROSS TOUCH

&1-2 Step right back, rock left forward, recover onto right

&3-4 Step left back, rock right forward, recover onto left

5-8 Touch right back, turn $\frac{1}{4}$ right, cross left over right, touch right to side

CROSS UNWIND, BACK ROCK SKATE SKATE, LEFT SHUFFLE

1-4 Cross right over left, unwind $\frac{1}{2}$ left (weight on right), rock left back, recover onto right

5-8 Skate left forward, skate right forward, shuffle forward stepping left, right, left Restart from here on wall 3

ROCK RECOVER TRIPLE HALF TURN STEP $\frac{1}{4}$ PIVOT, CROSS SHUFFLE

1-4 Rock right forward, recover onto left, turn $\frac{1}{2}$ right and step right, left, right

5-6-7&8 Step left forward, turn $\frac{1}{4}$ right, crossing shuffle stepping left, right, left

HALF TURN LEFT, CROSS TOUCH, CROSS TOUCH, $\frac{1}{2}$ MONTEREY TURN

1-2 Turn $\frac{1}{4}$ left and step right back, turn $\frac{1}{4}$ left and step left together

3-6 Cross right over left, touch left to side, cross left over right, touch right to side

7-8 Turn $\frac{1}{2}$ right and step right together, touch left to side

KICK BALL CROSS, TURN $\frac{1}{4}$ TOGETHER, STEP LOCK, STEP LOCK STEP

- 1&2** Kick left forward, step left together, cross right over left
- 3-4** Step left to side, turn $\frac{1}{4}$ right and step right together
- 5-6-7&8** Step left forward, lock right behind left, step left forward, lock right behind left, step left forward

STEP $\frac{1}{2}$ PIVOT, FORWARD SHUFFLE, FORWARD ROCK RECOVER, TRIPLE FULL TURN

- 1-2-3&4** Step right forward, turn $\frac{1}{2}$ left (weight to left), shuffle forward stepping right, left, right
- 5-8** Rock left forward, recover to right, triple in place turning a full turn left stepping left, right, left

Easier option: change triple full turn to a left coaster step REPEAT

RESTART: On wall 3 restart the dance after count 32 facing 9:00