

Lonely 101

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Maria Smith (AUS) & Kevin Smith (AUS) - May 2021

Music: - Tracy Lawrence : (iTunes)

Intro: 16 counts - No tags or restarts

[1-8] R AND L LOCK STEPS FORWARD, MAMBO STEP, HITCH, COASTER STEP

- 1&2** Step fwd on RF, Lock LF, Step fwd on RF
- 3&4** Step fwd on LF, Lock RF, Step fwd on LF
- 5&6&** Rock fwd on RF, Recover on LF, Step back on RF, L Hitch
- 7&8** Step back on LF, Close RF, Step fwd on LF

[9-16] POINT R TOE OUT-IN-OUT, CROSS SHUFFLE, TRIPLE STEP ¼ L, TRIPLE STEP ¼ L (6:00)

- 1&2** Point R toe out-in-out
- 3&4** Step RF over LF, Step to L, Step RF over LF
- 5&6** Triple step L,R,L turning ¼ to L (9:00)
- 7&8** Triple step R,L,R turning ¼ to L (6:00)

[17-24] STEP L BEHIND R, STEP RF BESIDE LF, HEEL, STEP, CROSS SHUFFLE, STEP BACK ON LF, TOUCH R TOE BESIDE L, BACK ON RF, TOUCH L TOE BESIDE RF, L COASTER STEP

- 1&2&** Step back on LF behind RF, Step on RF beside LF, Touch L heel forward, Step back on LF
- 3&4** Step RF over LF, Step to L, Step RF over LF
- 5&6&** Step back on LF, Touch R toe beside LF, Step back on RF, Touch L toe beside RF
- 7&8** Step Back on LF, Close RF, Step fwd on LF

[25-32] R SIDE ROCK CROSS WITH TOE-HEEL, L SIDE ROCK CROSS WITH TOE-HEEL, POINT R AND L TOES TO SIDE AND BACK, TOUCH R AND L HEELS FORWARD AND BACK

- 1&2&** Rock to R, Recover on LF, Cross RF over LF on ball of foot, Drop heel
- 3&4&** Rock to L, Recover on RF, Cross LF over RF on ball of foot, Drop heel
- 5&6&** Point R toe to side, Step home, Point L toe to side, Step home
- 7&8&** Touch R heel forward, Step home, Touch L heel forward, Step home

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=150741