

# Lonely Inside

LINEDANCE.COM

**Count:** 64      **Wall:** 4      **Level:** Improver

**Choreographer:** Antoinette Claassens (NL) - December 2021

**Music:** - Stefan Van Den Hout

**Intro: Starts on the song**

**Skate R L, shuffle forward, skate L R, Shuffle forward**

**1 - 2RF skate - LF skate**

**3 & 4RF step fwd - LF close RF step fwd**

**5 - 6LF skate - RF skate**

**7 & 8LF step fwd - RF close - LF step fwd**

**RF Cross over, step back, chassé R - LF cross over, step back, chassé L**

**1 - 2RF cross over - LF step back**

**3 & 4RF step R side - LF close - RF step R side**

**5 - 6LF cross over - RF step back**

**7 & 8LF step L side - RF close - LF step L side**

**Forward rock step, shuffle 1/2 turn R, Step fwd 2x 1/2 turn R, mambo step fwd**

**1 - 2RF rock fwd - recover on LF**

**3 & 4RF step back 1/4 R - LF close - RF step fwd 1/4 R**

**5 - 6LF step back 1/2 R - RF step fwd 1/2 R**

**7 & 8LF rock fwd - recover on RF - LF close \* restart punt**

**Mambo step forward, mambo step back, Mambo cross R side, mambo cross L side**

**1 & 2RF rock fwd - recover on LF - RF close**

**3 & 4LF rock back - recover on RF - LF close**

**5 & 6RF rock R side - recover on LF - RF cross over**

**7 & 8LF rock L side - recover on RF - LF cross over**

**Step forward, pivot 1/4 L (x2), jazzbox cross**

**1 - 2RF step fwd - RF+LF turn 1/4 L**

**3 - 4RF step fwd - RF+LF turn 1/4 L**

**5 - 6RF cross over - LF step back**

**7 - 8RF step R side - LF cross over**

**Point R, close 1/4 R, side mambo cross (x2)**

**1 - 2RF point R - close 1/4 turn R**

**3 & 4LF rock L side - recover on RF - LF cross over**

**5 - 6RF point R - close 1/4 turn R**

**7 & 8LF rock L side - recover on RF - LF cross over**

**Step R side, cross behind, chassé 1/4 R, step forward, pivot 3/4 R, chassé L**

**1 - 2RF step R side - LF cross behind**

**3 & 4RF step R side - LF close - RF step fwd 1/4 R**

**5 - 6LF step fwd - LF+RF turn 3/4 R**

**7 & 8LF step L side - RF close - LF step L side**

**Cross rock behind, kick-ball-cross, side rock, Sailor touch 1/4 turn R**

**1 - 2RF cross rock behind - recover on LF**

**3 & 4RF kick diagonal R fwd - RF step on ball - LF step next**

**5 - 6RF rock R side - recover on LF**

**7 & 8RF cross behind 1/4 turn R - LF step L side - RF touch next to LF**

**Start over again!**

**Restart: in the 5th wall after session 3 (= after 24 counts)**

**Finish: at the end of the song after session 1 [3] dance a jazzbox with 1/4 turn L to the start wall [12] and touch next.**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=156632](https://www.linedance.com/index.php?f=dance_view&id=156632)