

Lonely Sometimes

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Count: 32 **Wall:** 2 **Level:** High Intermediate

Choreographer: Ria Vos (NL) - July 2026

Music: Tell My Mama I'm Alright - Laki Rhodes

Intro: 16 Counts

Lunge, $\frac{3}{4}$ L, Lock Step, Fwd, Behind w/Hitch, Back Sweep, Behind, Side, Cross Rock

- 1-2** Lunge R to R Side, Recover on L Spinning $\frac{3}{4}$ Turn L Hitching R (3:00)
- 3&4** Step R Fwd on R Diagonal, Lock L Behind R, Step Fwd on R
- &5** Step L Fwd to L Diagonal, Lock R Behind L at the same time Hitch Rondé L
- 6-7&** Step L Behind R Sweeping R Front to Back, Step R Behind L, Step L to L Side
- 8&** Cross Rock R Over L, Recover on L

Sway-Sway, Side, Fall Away $\frac{3}{8}$ L, Step, Lock, Unwind $\frac{7}{8}$ L, Jazz Box Cross

- 1&2** Step and Sway R to R Side, Sway L, Big Step R to R Side Dragging L Towards R
- 3&4** $\frac{1}{8}$ L Step Back on L, Step Back on R, $\frac{1}{8}$ L Step L to L Side (12:00)
- &5** $\frac{1}{8}$ L Step Fwd on R, Lock/Touch L Behind R (10:30)
- 6-7&** Unwind on L $\frac{7}{8}$ Turn L Sweeping R Around, Cross R Over L, Step Back on L (12:00)
- 8&** Step R to R Side, Cross L Over R

Lean Rock, Recover w/Spiral $\frac{1}{2}$ R, Walk Around $\frac{3}{4}$ R, Dip, Spiral $\frac{3}{4}$ L, Scissor Cross

- 1-2** Rock/Lean to R Side Angling Body L (L Toe Up), Recover on L Spiraling $\frac{1}{2}$ R (6:00)
- 3&4&** Walk Around in an Arc $\frac{3}{4}$ Turn R Stepping R-L-R-L (3:00)
- 5&6** Step Fwd on R, Bend Knees, Spiral $\frac{3}{4}$ L Hitching L coming Up (6:00)
- 7&8&** Step L to L Side, Step R Next to L, Cross L Over R, Step R to R Side

$\frac{1}{8}$ L Back Sweep x2, Weave $\frac{1}{2}$ L, Rock Back, $\frac{1}{2}$ R, Reverse Rocking Chair

- 1-2** $\frac{1}{8}$ L Step Back on L Sweeping R, Step Back on R Sweeping L (4:30)
- 3&4&** Step L Behind R, Step R to R Side, Cross L Over R, Step R to R Side, Turn $\frac{1}{2}$ L in An Arc with these steps (10:30)
- 5-6&** Rock Back on L, Recover on R (**Ending), $\frac{1}{2}$ Turn R Step Back on L (4:30)

7&8& Rock Back on R, Recover on L, Rock Fwd on R, Recover on L Turning 1/8 R (6:00)

Tag: After Wall 2 (12:00) and 3 (6:00)

Lunge, Full Turn L, Weave L w/Sweep, Weave R, Side, Cross

1-2 Lunge R to R Side, Recover on L ¼ Turn L

&3½ Turn L Step Back on R, ¼ Turn L Step L to L Side

4&5 Cross R Over L, Step L to L Side, Step R Behind L Sweeping L Front to Back

6&7 Step L Behind R, Step R to R Side, Cross L Over R

8& Step R to R Side, Cross L Over R

****Ending:**

After count 6 on last section (10:30) add:

&1/8 R Step Fwd and Out on L, 7 Step Fwd and Out on R (12:00)