

FOR THE LONELY

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Count: 64

Wall: 2

Level: intermediate/advanced

Choreographer: Alan Birchall

Music: Atomic by Blondie

When dancing to "Atomic" by Blondie, start after 32 counts. At start of lyrics you will be on steps 33&34

SIDE, TOGETHER, SIDE, CLOSE, SIDE, CROSS ROCK, RECOVER, ¼ TURN SHUFFLE

- 1-2** Step right to right, step left by right
- 3&4** Step right to right, left by right, right to right
- 5-6** Cross rock left over right, recover on right
- 7&8** Step left to making ¼ turn left, step right by left, step forward on left (facing 9:00)

FULL TURN LEFT, RIGHT SHUFFLE, LEFT KICK BALL STEP, STEP, ¼ PIVOT

- 9-10** On ball of left make ½ turn left, step back on right making ½ turn left step forward on left (facing 9:00)
- 11&12** Step forward on right, step left by right, step forward on right
- 13&14** Kick forward on left, step left by right, step forward on right
- 15-16** Step forward on left, ¼ pivot right (facing 12:00)

CROSS, ¾ TURN, STEP FORWARD, LEFT SHUFFLE, RIGHT SHUFFLE

- 17-18** Cross left over right, step right to right making ¼ turn left
- 19-20** Continuing turn to left making ½ turn stepping left to left, step forward on right (facing 3:00)
- 21&22** Step forward on left, step right by left, step forward on left
- 23&24** Step forward on right, step left by right, step forward on right

LEFT KICK BALL TOUCH, HEEL SWIVELS, RIGHT KICK BALL TOUCH, HEEL SWIVELS

- 25&26** Kick forward on left, step left by right, touch forward on right
- 27-28** Swivel both heels to right (dip down), swivel both heels to center (stand up - weight ends on left)
- 29&30** Kick forward on right, step right by left, touch forward on left

31-32 Swivel both heels to left (dip down), swivel both heels to center (stand up - weight ends on left)

**TOUCH RIGHT, TOUCH LEFT, STEP, CROSS UNWIND, $\frac{3}{4}$ SHUFFLE TURN, STEP, $\frac{1}{2}$ PIVOT
(1 $\frac{3}{4}$ TOTAL TURN LEFT)**

33& Touch right to right, step right by left

34& Touch left to left, step down on left (you will have moved to the left)

35-36 Cross right over left, unwind $\frac{1}{2}$ turn left (facing 9:00)

37&38 Make $\frac{3}{4}$ shuffle turn left stepping left, right, left (facing 12:00)

39-40 Step forward on right, $\frac{1}{2}$ pivot left (facing 6:00)

Alternative for steps 33&34,35&36

33&34 Cross right over left, step left to side cross right over left (right cross shuffle)

35&36 Shuffle forward making $\frac{1}{4}$ turn left, stepping left, right left. (weight ends on right facing 3:00)

**HEEL SWITCH'S, STEP $\frac{1}{4}$ PIVOT, CROSS BEHIND, LEFT HEEL JACK, CROSS, STEP, $\frac{1}{2}$
TURN, STEP**

41& Touch right heel forward, step right by left

42& Touch left heel forward, step left by right

43-44 Step forward on right making $\frac{1}{4}$ turn left, cross left behind right (facing 3:00)

&45 Step back on right diagonal, extend left heel forward

&46 Step left by right, cross right over left

47-48 Step left to left & make $\frac{1}{2}$ pivot right on ball of left, step forward on right (facing 9:00)

STEP, LOCK, STEP, TWICE, TAP, SCOOT BACK, STEP, ROCK, RECOVER

49&50 Step forward on left, lock right, step forward on left

51&52 Step forward on right, lock left, step forward on right

53& Tap left toe behind right, raising left toe scoot back on right

54 Step back on left

55-56 Rock back on right, recover on left

STEP $\frac{1}{2}$ PIVOT, $\frac{1}{2}$ SHUFFLE TURN, ROCK, RECOVER, $\frac{3}{4}$ SHUFFLE TURN

57-58 Step forward on right, $\frac{1}{2}$ pivot left (facing 9:00)

59&60 Make $\frac{1}{2}$ shuffle turn left stepping right, left, right (facing 3:00)

61-62 Rock back on left, recover on right

63&64 Make $\frac{3}{4}$ shuffle turn right stepping, left right, left (facing 6:00)

Alternative for steps 57&68, 59-60,61&62

59&60 Right shuffle forward stepping right left, right

61-62 Rock forward on left, recover on right making $\frac{1}{4}$ pivot right

63&64 Cross left over right, step right to right, cross left over right (left cross shuffle)

REPEAT