

LONELY NO MORE

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Neville Fitzgerald , Andrew Palmer , Simon J. & Sheila A. Cox

Music: Lonely No More by Rob Thomas

Sequence: 32 Tag 32 16 32 32 16 32 32 32

STEP, RIGHT LOCK STEP, $\frac{1}{2}$ TURN POINT, & STEP $\frac{3}{4}$, SWEEP BEHIND & CROSS

- 1** Step forward on left
- 2&3** Step forward on right, lock left behind right, step forward on right
- 4** Pivot $\frac{1}{2}$ turn to right pointing left to left side (6:00)
- &5-6** Step left next to right, step forward on right, pivot $\frac{3}{4}$ turn to left sweeping left round & behind (9:00)
- 7&8** Cross step left behind right, step right to right side, cross step left over right

BUMP & $\frac{1}{4}$ TURN, KICK & STEP, SAILOR $\frac{1}{2}$ TURN, & PRESS, $\frac{1}{4}$ TURN

- 1&2** Bump hips right, left, then bump back as you make $\frac{1}{4}$ turn to left (weight on right) (6:00)
- 3&4** Kick left forward, step left next to right, step forward on right
- 5&6** Make $\frac{1}{4}$ turn to left stepping left behind right, $\frac{1}{4}$ turn to left stepping right next to left step forward on left. (sailor $\frac{1}{2}$) (12:00)
- &7-8** Tap right next to left, press forward on right, make $\frac{1}{4}$ turn to left as you step left a large step to left side dragging right toward left (9:00)

TWINKLE $\frac{1}{2}$ TURN, ROCK, RECOVER, & CROSS & TOUCH, $\frac{1}{2}$, $\frac{1}{4}$ HITCH

- 1&2** Cross step right over left, make $\frac{1}{4}$ turn to right stepping back on left, $\frac{1}{4}$ turn to right stepping right to right side (3:00)
- 3-4** Cross rock left over right, recover on right
- &5** Step left to left side, cross step right over left
- &6** Step left to left side, touch right toe behind left
- 7-8** Unwind $\frac{1}{2}$ turn to right taking weight on right, $\frac{1}{4}$ turn to right hitching left knee (12:00)

CROSS ROCK $\frac{1}{4}$ TURN, $\frac{1}{2}$, $\frac{1}{2}$, STEP, BACK, ROCK & $\frac{1}{2}$, POSE

- 1&2** Cross rock left over right, recover on right, make $\frac{1}{4}$ to left stepping forward on left (9:00)

- 3&4** Make ½ turn to left stepping back on right, ½ turn to left stepping forward on left, step forward on right (9:00)
- 5** Step back on left
- 6&7** Rock back on right, recover on left, make ½ turn to left stepping back on right (3:00)
- 8** Touch left in front of right (knee bent)

REPEAT

TAG

End of wall 1 to be danced only once

- 1** Step forward on left
- 2&3** Step forward on right, ½ turn to left stepping forward on left, ½ turn left stepping back on right
- 4** Touch left in front of right (knee bent)

TAG

At end of wall 2 & wall 5 instead of starting from count 1 dance the last 16 counts again. i.e. From Count 32 add

- &** Step left to left side

Then dance from count 17

- 17** Twinkle ½ turn

This will happen facing the back wall both times & turn you to face front again