

# LONELY

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** beginner

**Choreographer:** Therese Scharff Stripp & Tenna Stripp Severinsen

**Music:** Lonely by Akon

## RIGHT KICK & CROSS TWICE, ¼ TURN, ¼ TURN, CROSS SHUFFLE

- 1&2** Kick right diagonally forward (2:00), step slightly back on right. Cross step left over right
- 3&4** Kick right diagonally forward (2:00), step slightly back on right. Cross step left over right
- 5** Turn ¼ left stepping back on right
- 6** Turn ¼ left stepping left to left side
- 7&8** Cross right over left, step left slightly to left side, cross right over left

## 2X LEFT KICK BALL CROSS, LEFT ROCK STEP, CROSS SHUFFLE

- 1&2** Kick left diagonally forward (4:00), step slightly back on left. Cross step right over left
- 3&4** Kick left diagonally forward (4:00), step slightly back on left. Cross step right over left
- 5-6** Rock left to left side, recover on right
- 7&8** Cross left over right, step right slightly to right side, cross left over right

## WALK FORWARD RIGHT, LEFT, WALK BACK RIGHT, LEFT, KNEE POP WITH ¼ TURN, RIGHT PRESS STEP

- 1-2** Walk forward right, left - shoulder width apart; on right stretch right arm down and slightly out, with palm of hand to front, on left stretch left arm down and slightly out, with palm of hand to front
- 3-4** Walk back right, left - shoulder width apart; on right place right palm over heart, on right place left palm on top of right palm over heart
- 5&6** Pop right knee out, in, out - on last knee pop "out" turn ¼ turn right, weight on left
- 7-8** Press on right with head down, recover on left with both arms stretched up and out

## RIGHT LOCK STEP, LEFT LOCK STEP, RIGHT STEP TURN TWICE

- 1&2** Step right foot forward, step left behind right, step right foot forward
- 3&4** Step left foot forward, step right behind left, step left foot forward
- 5-6** Step forward on right, ½ turn left ending with weight on left
- 7-8** Step forward on right, ½ turn left ending with weight on left

**REPEAT**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=28679](https://www.linedance.com/index.php?f=dance_view&id=28679)