

# LONELY NO MORE

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**Count:** —                      **Wall:** 4                      **Level:** intermediate

**Choreographer:** Paul Foxall

**Music:** Lonely No More by Rob Thomas

**Sequence:** A, Tag, A, B, A, A, B, A, A, B, B, B, B

## SECTION A

**1-2&3-4** Step right foot to the right side, drag left foot and touch besides right change weight onto left foot, walk forward right, left

**5-6&7-8** Step forward on right, pivot half a turn to the left, step forward onto right, step left toe behind right heel, unwind half a turn to the left

**1-2&3-4** Kick right foot to the right diagonal, step right foot behind left, step left foot to the left side step right across left, step left foot into quarter of a turn to the left

**5-6&7-8** Step right behind left, point left to the left side step onto left point right to the right side clap hands once

**1-2&3-4** Step back with right foot, left coaster step (2&3), step forward onto right

**5-6&7-8** Step forward left, touch right besides left, jump back right, left (&7), clap hands once

**1-2&3-4** Rock right foot to the right side, recover step right besides left rock left foot to the left side, recover

**5&6&7-8** Step left behind right step right to the right side step left across right step right to the right side step left behind right step right foot to the right side as you click the fingers once

## SECTION B

**1&2-3-4** Left sailor step (1&2), step right behind left, step left to the left side

**5&6-7-8** Right sailor step (5&6) step left behind right, step right to the right side

**1&2-3-4** Step left foot forward pivot half a turn to the right step left foot forward, step right heel forward, step right toe back

**5&6-7-8** Right shuffle forward (5&6) step left foot forward touch right foot besides left

**TAG**

**1-4** Step forward onto left, touch right behind left step back onto right step left to the left side