

Lonely And Sorry

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Count: 64 **Wall:** 2 **Level:** Intermediate

Choreographer: Sylvie Fournier -

Music: She'd Rather Be Lonely Than Sorry - Jason McCoy

Starts on lyrics

[1 à 9] SIDE, TOGETHER,SIDE, MAMBO FORWARD, SIDE ROCK STEP, CROSS TRIPLE :

1 - 2 - 3step R to right , step L next to R , step R to right (12.00)

4 & 5rock forward on L , rock back on R , step L next to R

6 - 7rock side on R , rock back on L

8 & 1cross R in front of L, step L to left, cross R in front of L

[10 à 17] SIDE, STEP with 1/ 2 TURN, TRIPLE FORWARD , STEP, 1/ 2 TURN , MODIFIED MAMBO FORWARD :

2 - 3step L to left, step R to right with 1/ 2 turn to right (06.00)

4 & 5step L forward , step R next to L, step L forward

6 - 7step R forward , pivot 1/ 2 turn left (12.00)

8 & 1rock on R forward ,rock back on L , step R to right

[18 à 25] TOGETHER,SIDE, MAMBO FORWARD, SIDE ROCK STEP, CROSS TRIPLE :

2 - 3step L next to R , step R to right

4 & 5rock forward on L , rock back on R , step L next to R

6 - 7rock side on R , rock back on L

8 & 1cross R in front of L, step L to left, cross R in front of L

26à 33 SIDE, STEP with 1/ 4 TURN, TRIPLE FORWARD , STEP, 1/ 2 TURN , MODIFIED MAMBO FORWARD :

2 - 3step L to left, step R to right with 1/ 2 turn to right (06.00)

4 & 5step L forward , step R next to L, step L forward

6 - 7step R forward , pivot 1/ 2 turn left (12.00)

8 & 1rock on R forward ,rock back on L , step R to right

[34 à 41] HIP SWAYS, SIDE TRIPLE with 1/ 4 TURN , BRUSH , BRUSH , TRIPLE FORWARD :

2 - 3sway hip to left then right

4 & 5step L to left , step R next to L , step L to left with 1/ 4 turn left

6 - 7brush R forward , then brush R backward crossed in front of L (09.00)

8 & 1step R forward , step L next to R , step R forward

[42 à 49] BRUSH , BRUSH, STEP, BACK, SIDE, ROCK STEP, TRIPLE STEP with 3/ 4 TURN :

2 - 3brush L forward , then brush L backward crossed in front of R

4 & 5 Step L in place , step back R , step L to left side

6 - 7rock on R crossed in front of L , rock back on L

8 & 1triple step in place with 3/ 4 turn to right (06.00)

[50 à 57] SWAYS, TRIPLE FORWARD, SWAYS , TRIPLE BACKWARD :

2 - 3sway hips to left then right

4 & 5step L forward , step R next to L , step L forward

6 - 7sway hips to right then left

8 & 1step back R , step L next to R , step back R

[58 à 64] CROSS ROCK STEP, SIDE, SYNCOPATED CROSS ROCK STEP, SIDE, CROSS, SIDE, CROSS :

2 - 3rock on L crossed in front of R, rock back on R

4 & 5step L to left , rock on R crossed in front of L , rock back on L

6 - 7step R to right , cross L in front of R ,

8 &step R to right , cross left behind R

Start again

Tag : After 2nd wall , add :

1 - 2 - 3step R to right , step L next to R , step R to right

4 & 5step L forward , step R next to L, step L forward

6 - 7rock back on R , rock forward on L

8 &sway hips to right then left and start again

Restart : On 5th wall : Go to 23rd wall then add :

24 &bring R next to L and cross L in front of R

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