

LONELY NO MORE

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Count: 32

Wall: 4

Level: intermediate/advanced

Choreographer: Kerry Hughes

Music: Lonely No More by Rob Thomas

LEFT CROSS, AND, CROSS, AND, CROSS, SWEEP STEP RIGHT QUARTER TURN LEFT, LEFT SAILOR ½ OVER RIGHT, RIGHT SAILOR ½ OVER RIGHT, AND

- 1&2&** Cross step left over right, step right slightly behind left, cross step left over right, step right slightly behind left,
- 3** Cross step left over right (counts 1-3 travel slightly forward on diagonal towards 2:00)
- 4** Sweep right over left turning ¼ left (9:00)
- 5&6** Step back on left, step right beside left turning ¼ right, step back on left turning ¼ right (left sailor ½) (3:00)
- 7&8&** Step back on right, step left beside right turning ¼ right, step forward on right turning ¼ right (9:00), step left next to right

FORWARD RIGHT, BACK LEFT, HOOK RIGHT, RIGHT TRIPLE TURN FORWARD, STEP LEFT NEXT TO RIGHT, RIGHT TOE BEHIND, PIVOT ½, STEP RIGHT NEXT TO LEFT, CROSS, POINT RIGHT, CROSS, POINT LEFT

- 1-2&** Step forward on right, rock step back on left, hook right in front of left
- 3&4&** Full turn forward over right stepping right-left-right, step left next to right
- 5-6** Right toe behind left, pivot ½ over right weight left (3:00), step right next to left
- 7&8&** Cross step left over right, point right to right side, cross step right over left, point left to left side (moving forward) ##

LEFT CROSS, AND, CROSS, AND, CROSS, POINT RIGHT, RIGHT SAILOR, AND, RIGHT CROSS, AND, CROSS, AND

- 1&2&** Cross step left over right, step back on right, cross step left over right, step back on right (travel back on diagonal facing 5:00)
- 3-4** Cross step left over right, point right toe to right side (straighten to 3:00 wall with point)
- 5&6&** Step right behind left, step left to left side, step right to right side (right sailor), step left next to right

7&8 Cross step right over left, step left slightly behind right, cross step left over right (travel forward on slight diagonal facing 2:00)

& Step left next to right (straighten to 3:00 wall)

SIDE RIGHT, SIDE LEFT, RIGHT SIDE TURNING $\frac{1}{4}$ RIGHT, VINE RIGHT (CROSSING LEFT, SIDE, BEHIND, SIDE), LEFT SIDE, RIGHT SIDE, $\frac{1}{4}$ BACK ON LEFT, PIVOT $\frac{1}{2}$ OVER RIGHT, FORWARD LEFT, FORWARD RIGHT

1&2 Step right to right side, step left to left side, step right to right side turning $\frac{1}{4}$ turn over right (6:00)

3&4& Cross step left over right, step right to right side, cross step left behind right, step right to right side (vine right)

5-6 Step left to left side, step right to right side

7& Step back on left turning $\frac{1}{4}$ right, pivot $\frac{1}{2}$ over right stepping forward on right, (3:00)

8& Step forward left, step forward right

REPEAT

TAG

Occurs at the end of wall 1

1&2& Step forward left toe, drop heel, step forward right toe, drop heel

3&4& Step back left toe, drop heel, step back right toe, drop heel

RESTART

Walls 3 and 6 are short walls. Dance first 16 and $\frac{1}{2}$ counts then restart