

Lonely Woman

LINEDANCE.COM

Count: 48

Wall: 4

Level: Intermediate

Choreographer: Larry Schmidt (Dec. 2015)

Music: "Lonely Woman" by Heather Stewart

#8 ct intro, Start on vocals. Weight on left - No Tags or Restarts

[1-8] WALK, WALK, ANCHOR STEP W/ ¼ TURN, SAILOR STEP, SAILOR W/ ¼ TURN

- 1, 2 Step right foot forward, Step left foot forward,
- 3&4 Step right next to left, Step left in place, Turn ¼ right stepping right foot right, (3:00)
- 5&6 Step left behind right, Step right foot right, Step left foot left,
- 7&8 Turn ¼ left stepping back on right, Step left next to right, Step right foot forward. (6:00)

[9-16] STEP, ½ PIVOT, TRIPLE W/ ½ TURN, ¼ TURN, CROSS, SIDE ROCK, RECOVER, CROSS

- 1, 2 Step left foot forward, Pivot ½ onto right, (12:00)
- 3&4 Turn ¼ right onto left, Step left next to right, Turn ¼ right stepping back onto left, (6:00)
- 5, 6 Turn ¼ right stepping side onto right, Step left across right, ((9:00)
- 7&8 Rock right onto right foot, Recover weight to left, Step right across left.

[17-24] LEFT W/ DIP, TOUCH, KICK-BALL-CROSS, RIGHT W/ DIP, TOUCH, KICK-BALL-CROSS

- 1, 2 Step left foot left while bending left knee (dip), Straighten left leg while touching right toes right,
- 3&4 Kick right foot to right diagonal, Step right foot next to left, Step left across right,
- 5, 6 Step right foot right while bending right knee (dip), Straighten right leg while touching left toes left,
- 7&8 Kick left foot to left diagonal, Step left foot next to right, Step right across left.

[25-32] TRIPLE LEFT, CROSSING TRIPLE, BACK, SIDE, CROSSING TRIPLE

- 1&2 Step left foot left, Step right next to left, Step left foot left,
- 3&4 Step right across left, Step left foot left, Step right across left,
- 5, 6 Step left foot back, Step right foot right,

7&8 Step left across right, Step right foot right, Step left across right.

[33-40] SIDE, BEHIND, AND HEEL AND CROSS, AND HEEL AND CROSS, AND HEEL AND CROSS

1, 2&3 Step right foot right, Step left behind right, Step right foot right, Touch left heel to left diagonal,

&4 Step left next to right, Step right across left,

&5 Step left foot left, Touch right heel to right diagonal,

&6 Step right next to left, Step left across right

&7 Step right foot right, Touch left heel to left diagonal,

&8 Step left next to right, Step right across left.

[41-48] SIDE, $\frac{1}{4}$ R, $\frac{1}{4}$ R, $\frac{1}{4}$ R, CROSS, UNWIND $\frac{3}{4}$

1, 2 Step left foot left, Turn $\frac{1}{4}$ right onto right, (12:00)

3, 4 Turn $\frac{1}{4}$ right onto left, (3:00)

5, 6 Turn $\frac{1}{4}$ right onto right, Step left across right, (6:00)

7-8 Unwind $\frac{3}{4}$ sitting back onto left. (3:00)

FINISH: You will finish facing 12:00. Do the following 14 counts to end the dance.

BACK ROCK, RECOVER, FORWARD ROCK, RECOVER, BACK ROCK, RECOVER, WALK, WALK, OUT, OUT, ARM SWEEP

1, 2 Rock back onto right foot, recover weight to left,

3, 4 Rock forward onto right foot, recover weight to left

5, 6 Rock back onto right foot, recover weight to left

7, 8 Step right foot forward, Step left foot forward

9, 10 Step right foot right, Step left foot left,

11-13 Sweep right arm in a large circle in front of your body and up overhead,

14 On the last count, sweep the arm down and out to the front with the palm facing up.

ENJOY !

Larry Schmidt - 316-262-6450 - lschmidt3@cox.net

~1108 W 13th h- Wichita, Kansas, 67203, USA

