Only Lonely

Count: 32 Wall: 4

Level: High Beginner

Choreographer: Larry Bass

Music: "You're Only Lonely" by J. D. Souther



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SWAYFORWARD, SWAY BACK, TRIPLE STEP FORWARD; ROCK STEP, TRIPLE STEP BACK

1-2 Step R forward swaying hips forward; Sway hips back to L

3&4 Step R forward, Step L to R, Step R forward

5-6 Rock L forward; Recover back to R 7&8 Step L back, Step R to L, Step L back

ROCK STEP BACK, SIDE, TOGETHER, SIDE; CROSSOVER ROCK STEP, SIDE, TOGETHER, 1/4 TURN

1-2 Rock R back; Recover forward to L

3&4 Step R to right, Step L beside R, Step R to right

5-6 Rock L across R; Recover back to R

7&8 Step L to left, Step R beside L, Make a ¼ turn left & step L forward (9:00)

Restart here on wall 3 facing (3:00)

HIP TURNS, TRIPLE STEP FORWARD; STEP 1/4 PIVOT

1-2 Step R forward swaying hips forward; Pivot 1/8 turn left to L (7:30)
 3-4 Step R forward swaying hips forward; Pivot 1/8 turn left to L (6:00)

5&6 Step R forward, Step L to R, Step R forward 7-8 Step L forward; Pivot ¼ turn left to R (9:00)

CROSSOVER TRIPLE STEP, SIDE ROCK STEP; JAZZ BOX

1&2 Step L across R, Step R to right, Step L across R

3-4 Rock R to right; Recover left to L
5-6 Step R across L; Step L back
7-8 Step R to right; Step L beside R

Begin Again

Restart after 16 count on wall 3

