

# Only Lonely

**Count:** 64

**Wall:** 2

**Level:** Improver

**Choreographer:** Maria Hennings Hunt

**Music:** "You're Only Lonely" by JD Souther



[www.country-stafke.be](http://www.country-stafke.be)

## Intro 32 counts

### SIDE, CLOSE, SHUFFLE FWD, SIDE CLOSE SHUFFLE FWD

- 1-2 Step side LF, close RF to LF
- 3&4 Step LF forward, close RF to LF, step LF forward
- 5-6 Step side RF, close LF to RF
- 7&8 Step RF forward, close LF to RF, step RF forwards

### ROCK STEP, BACK LOCK STEP, ½ TURN, WALK, WALK, SHUFFLE

- 1-2 Rock forward on LF, recover weight on RF
- 3&4 Step back LF, lock RF in front of LF, step back LF
- 5-6 Turn ½ over right shoulder, walk forward on RF, walk fwd LF
- 7&8 Step forward on RF, close LF to RF, step forward RF

\* Alternative counts 5-8\* Turn ½ right, full turn right stepping forward LF

### ROCK STEP, COASTER STEP. JAZZ BOX ¼ TURN CROSS

- 1-2 Rock forward on LF, recover weight on RF
- 3&4 Step back on LF, close RF to LF, step LF forwards
- 5-6 Cross RF over LF, step back LF
- 7-8 Step RF to side turning ¼ right, cross LF over RF

### ¼, ¼ CROSS SHUFFLE, ¼, ¼ CROSS SHUFFLE

- 1-2 Turning ¼ L step RF back, turning ¼ L step LF to side
- 3&4 Cross RF over LF, step LF to side, cross RF over LF
- 5-6 Turning ¼ R step LF back, turning ¼ R step RF to side
- 7&8 Cross LF over RF, step RF to side, cross LF over RF

### SIDE ROCK, BEHIND SIDE CROSS, SIDE, CLOSE, CHASSE LEFT

- 1-2 Rock RF to side, recover weight LF
- 3&4 Step RF behind LF, step LF to side, cross RF over LF
- 5-6 Step LF to side, close RF to LF taking weight on RF
- 7&8 Step LF to side, close RF to LF, step LF to side

### JAZZ BOX CROSS, SIDE, CLOSE, CHASSE RIGHT

- 1-2 Cross RF over LF, step back LF
- 3-4 Step RF to side, cross LF over RF
- 5-6 Step RF to side, close LF to RF taking weight on LF
- 7&8 Step RF to side, close LF to RF, step RF to side

### CROSS ROCK, CHASSE LEFT, WEAWE ¼ TURN LEFT

- 1-2 Cross LF over RF, recover weight on RF
- 3&4 Step LF to side, close RF to LF, step LF to side
- 5-6 Step RF across LF, step LF to side
- 7-8 Step RF behind LF, step LF ¼ turn left (6)

### FWD ROCK, COASTER STEP, ROCKING CHAIR (OR STEP ½ TURN, STEP ½ TURN)

- 1-2 Rock forward on RF, recover weight LF
- 3&4 Step RF back, close LF to RF, step RF forward
- 5-6 Rock forward on LF, recover weight on RF
- 7-8 Rock back on LF, recover weight on RF

## Repeat