

Lonely Inside

Choreographer :Antoinette Claassens

Translation : Stafke Peeters

Wall : 4 wall linedance

Level : Improver

Count : 64

Intro : start on lyrics

Information : one restart on wall 5

Music : "46 Miles From Alice" by Catherine Britt



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S 1/ Skate R-L, Shuffle Forward, Skate L-R, Shuffle Forward;

- 1-2 (1) RF skate forward (2) LF skate forward
- 3-&-4 (3) RF step forward (&) LF step next to RF (4) RF step forward
- 5-6 (5) LF skate forward (6) RF skate forward
- 7-&-8 (7) LF step forward (&) RF step next to LF (8) LF step forward

S 2/ RF Cross Over, Step Back, Chassé R, LF Cross Over, Step Back, Chassé L;

- 1-2 (1) RF step cross over LF (2) LF step back
- 3-&-4 (3) RF step aside (&) LF step next to RF (4) RF step aside
- 5-6 (5) LF step cross over RF (6) step back
- 7-&-8 (7) LF step aside (&) RF step next to LF (8) LF step aside

S 3/ Forward Rock, Recover, Shuffle 1/2 Turn R, Full Turn, Mambo Step Forward;

- 1-2 (1) RF rock forward (2) LF recover
- 3-&-4 (3) RF 1/4 turn right, step back [3] (&) LF step next to LF (4) RF 1/4 turn right, step forward [6]
- 5-6 (5) LF 1/2 turn right, step forward (6) RF 1/2 turn right, step back [6]
- 7-&-8 (7) LF rock achter (&) RF recover (8) LF step next to RF*

***Restartpoint on wall 5**

S 4/ Mambo Step Forward, Mambo Step Back, Mambo Cross R Side, Mambo Cross L Side;

- 1-&-2 (1) RF rock forward (&) LF recover (2) RF step next to LF
- 3-&-4 (3) LF rock back (&) RF recover (4) LF step next to RF
- 5-&-6 (5) RF rock aside (&) LF recover (6) RF step cross over LF
- 7-&-8 (7) LF rock aside (&) RF recover (8) LF step cross over RF

S 5/ Step Forward, Pivot 1/4 L (X2), Jazz Box Cross;

- 1-2 (1) RF step forward (2) RF+LF 1/4 pivot turn left [3]
- 3-4 (3) RF step forward (4) RF+LF 1/4 pivot turn left [12]
- 5-6 (5) RF step cross over LF (6) LF step back
- 7-8 (7) RF step aside (8) LF step cross over RF

S 6/ Point R, Close 1/4 R, Side Mambo Cross (X2);

- 1-2 (1) RF touch toe aside (2) RF 1/4 turn right, step next to LF [3]
- 3-&-4 (3) LF rock aside (&) RF recover (4) LF step cross over RF
- 5-6 (5) RF touch toe aside (6) RF 1/4 turn right, step next to LF [6]
- 7-&-8 (7) LF rock aside (&) RF recover (8) LF step cross over RF

S 7/ Step R Side, Cross Behind, Chassé 1/4 R, Step Forward, Pivot 3/4 R, Chassé L;

- 1-2 (1) RF step aside (2) LF step cross behind RF
- 3-&-4 (3) RF step aside (&) LF step next to RF (4) RF 1/4 turn right, step forward [9]
- 5-6 (5) LF step forward (6) LF+RF 3/4 turn right (weight on RF) [6]
- 7-&-8 (7) LF step aside (&) RF step next to LF (8) LF step aside

S 8/ Cross Rock Behind, Kick-Ball- Cross, Side Rock, Sailor Touch 1/4 Turn R;

- 1-2 (1) RF rock across behind LF (2) LF recover
- 3-&-4 (3) RF kick diagonal right forward (&) RF step on ball of foot (4) LF step next to RF
- 5-6 (5) RF rock aside (6) LF recover
- 7-&-8 (7) RF 1/4 turn right, step back [9] (&) LF step slightly aside (8) RF touch toe next to LF

Start Again

End: Dance at the end of the song [3:00] to count 8 of the first block and continue with:

1/4 jazzbox

RF step cross over LF

LF 1/4 turn left step aside

RV touch next to LF [12:00]