## Lonely Inside

Count: 64
Wand: 4
Ebene: Improver
Choreograf/in: Antoinette Claassens (NL) - December 2021
Musik: Right here, right now - Stefan Van Den Hout


Intro: Starts on the song
Skate R L, shuffle forward, skate LR, Shuffle forward

| $1-2$ | RF skate - LF skate |
| :--- | :--- |
| $3 \& 4$ | RF step fwd - LF close RF step fwd |
| $5-6$ | LF skate - RF skate |
| $7 \& 8$ | LF step fwd - RF close - LF step fwd |

RF Cross over, step back, chassé R - LF cross over, step back, chassé L
1-2 RF cross over - LF step back
3 \& $4 \quad R F$ step $R$ side - LF close - $R F$ step $R$ side
5-6 LF cross over-RF step back
7 \& $8 \quad$ LF step L side - RF close - LF step L side
Forward rock step, shuffle $1 / 2$ turn $R$, Step fwd $2 \times 1 / 2$ turn $R$, mambo step fwd
1-2 RF rock fwd - recover on LF
3 \& $4 \quad$ RF step back $1 / 4 R$ - LF close - RF step fwd $1 / 4 R$
5-6 LF step back 1/2R-RF step fwd 1/2R
7 \& $8 \quad$ LF rock fwd - recover on RF - LF close * restart punt
Mambo step forward, mambo step back, Mambo cross R side, mambo cross L side
1 \& $2 \quad$ RF rock fwd - recover on LF - RF close
3 \& 4 LF rock back - recover on RF - LF close
5 \& $6 \quad$ RF rock $R$ side - recover on LF - RF cross over
7\& 8 LF rock L side - recover on RF - LF cross over
Step forward, pivot $1 / 4 \mathrm{~L}(\mathrm{x} 2)$, jazzbox cross
1-2 RF step fwd - RF+LF turn 1/4 L
3-4 RF step fwd - RF+LF turn 1/4 L
5-6 RF cross over - LF step back
7-8 RF step R side - LF cross over
Point R, close $1 / 4 R$, side mambo cross ( $x 2$ )
1-2 RF point $R$ - close $1 / 4$ turn $R$
3 \& $4 \quad$ LF rock $L$ side - recover on RF - LF cross over
5-6 $\quad R F$ point $R$ - close $1 / 4$ turn $R$
7 \& 8 LF rock L side - recover on RF - LF cross over
Step $R$ side, cross behind, chassé $1 / 4 R$, step forward, pivot $3 / 4 R$, chassé $L$
1-2 RF step $R$ side - LF cross behind
3 \& $4 \quad$ RF step $R$ side - LF close - RF step fwd 1/4 R
5-6 LF step fwd - LF+RF turn 3/4R
7 \& $8 \quad$ LF step L side - RF close - LF step L side
Cross rock behind, kick-ball-cross, side rock, Sailor touch $1 / 4$ turn R
1-2 RF cross rock behind - recover on LF
3 \& $4 \quad$ RF kick diagonal $R$ fwd - RF step on ball - LF step next

Start over again!
Restart: in the 5th wall after session 3 (= after 24 counts)
Finish: at the end of the song after session 1 [3] dance a jazzbox with $1 / 4$ turn $L$ to the start wall [12] and touch next.

