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| Lonely Nights |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Lorna Mursell (UK) - February 2015 | | | | |
| **Music:** | In the Still of the Night - Jack Jersey | | | | |
| . | | | | | | |

**Start on the words "The" Night**

**SEC (1) CROSS ROCK, REC, CHA CHA RIGHT, CROSS ROCK, REC, CHA CHA LEFT**

|  |  |
| --- | --- |
| 1-2 | Cross right over left, recover on to left |

|  |  |
| --- | --- |
| 3&4 | Cha cha to the right, stepping right, left, right |

|  |  |
| --- | --- |
| 5-6 | Cross left over right, recover on to right |

|  |  |
| --- | --- |
| 7&8 | Cha cha to the left, stepping left, right, left |

**SEC (2)FORWARD ROCK, REC, SHUFFLE 1/2 TURN RIGHT, FORWARD ROCK, REC, BACK LOCK STEP**

|  |  |
| --- | --- |
| 1-2 | Rock forward on right, recover on to left |

|  |  |
| --- | --- |
| 3&4 | Shuffle 1/2 right, stepping right, left, right |

|  |  |
| --- | --- |
| 5-6 | Rock forward on left, recover on to right |

|  |  |
| --- | --- |
| 7&8 | Step back on left, lock right in front of left, step back on left |

**SEC (3) BACK ROCK, REC, PADDLE 1/8 LEFT X 2, SKATE RIGHT, LEFT**

|  |  |
| --- | --- |
| 1-2 | Rock back on right, recover on to left |

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| --- | --- |
| 3-4 | Paddle 1/8 turn left, stepping right, left |

|  |  |
| --- | --- |
| 5-6 | Paddle 1/8 turn left, stepping right, left |

|  |  |
| --- | --- |
| 7-8 | Skate forward on right, left |

**\*\*\*TAG & RESTART HERE ON WALL 5 - SEE FOOTNOTE\*\*\***

**SEC (4) FORWARD ROCK, REC, COASTER STEP, PIVOT 1/2 TURN RIGHT, FORWARD SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Rock forward on right, recover on to left |

|  |  |
| --- | --- |
| 3&4 | Step back on right, step left beside right, step right forward |

|  |  |
| --- | --- |
| 5-6 | Step forward on left, pivot 1/2 turn right |

|  |  |
| --- | --- |
| 7&8 | Step forward on left, step right beside left, step left forward |

**TAG DURING WALL 5 (3 O'CLOCK)**

**DANCE UP TO THE SKATES THEN ADD THIS 4 COUNT TAG THEN RESTART THE DANCE AGAIN FROM THE BEGINNING (3 O'CLOCK)**

|  |  |
| --- | --- |
| 1-2 | Rock forward on right, recover on to left |

|  |  |
| --- | --- |
| 3-4 | Rock back on right, recover on to left |