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| --- | --- |
| Lonely & Blue |  |

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| . | | | | | | |
| **Count:** | 40 | **Wall:** | 4 | **Level:** | Beginner | . |
| **Choreographer:** | Graham Mitchell (SCO) - November 2015 | | | | |
| **Music:** | I'm a Little Bit Lonely - Lisa McHugh : (iTunes) | | | | |
| . | | | | | | |

**SECTION 1 (1-8) HEEL STRUTS RIGHT, LEFT, ROCKING CHAIR**

|  |  |
| --- | --- |
| 1-2 | Place Right heel forward, press right toe down |

|  |  |
| --- | --- |
| 3-4 | Place Left heel forward, press Left toe down |

|  |  |
| --- | --- |
| 5-6 | Rock forward on Right, recover on Left |

|  |  |
| --- | --- |
| 7-8 | Rock back on Right, recover on Left |

**SECTION 2 (1-8) HEEL STRUTS RIGHT, LEFT, ROCK RECOVER, BACK-HOLD**

|  |  |
| --- | --- |
| 1-2 | Place Right heel forward, press Right toe down |

|  |  |
| --- | --- |
| 3-4 | Place Left heel forward, press Left toe down |

|  |  |
| --- | --- |
| 5-6 | Rock forward on Right recover on Left |

|  |  |
| --- | --- |
| 7-8 | Step back on Right, Hold |

**SECTION 3 (1-8) BACK SWEEPS,SAILOR ¼ ,CROSS ROCK, CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1-2 | Sweep left back stepping back left, sweep Right stepping back Right |

|  |  |
| --- | --- |
| 3&4 | Step Left to left, step right making ¼ left, step Left beside right |

|  |  |
| --- | --- |
| 5&6 | Rock Right over Left, recover on left, Step Right to right side |

|  |  |
| --- | --- |
| 7&8 | Cross Left over Right, Step Right to right side, Cross Left over Right |

**SECTION 4 (1-8)RHUMBA BOX , CHARLESTON STEP**

|  |  |
| --- | --- |
| 1&2 | Step Right to right side, Step left beside Right, Step back Right |

|  |  |
| --- | --- |
| 3&4 | Step left to left, step Right beside left, Step forward left |

|  |  |
| --- | --- |
| 5-6 | Point Right toe forward, Step back Right |

|  |  |
| --- | --- |
| 7-8 | Point left toe back, Step forward Left |

**SECTION 5 (1-8) TOE HEEL STOMPS , MAMBO STEP, COASTER STEP**

|  |  |
| --- | --- |
| 1&2 | Point right toe right, touch right heel beside left, Stomp right beside left |

|  |  |
| --- | --- |
| 3&4 | Point Left toe Left, touch Left heel beside Right, Stomp left beside Right |

|  |  |
| --- | --- |
| 5&6 | Rock forward on Right, Recover on Left, step back Right |

|  |  |
| --- | --- |
| 7&8 | Step back left, close Right beside Left, step forward Left |