

# Lonely Nights

**Count:** 32    **Wall:** 4    **Level:** Beginner

**Choreographer:** Lorna Mursell (Scotland - Feb 2015)

**Music:** In The Still Of The Night by 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
- 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