Lonely & Blue

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