

# A Little Lonely & Blue



**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Heather Barton (Scotland) May 2016

**Music:** I'm a Little Bit Lonely by Lisa McHugh



**Music available from iTunes & Amazon**

**#16 count intro, begin on vocals**

## **[1-8] Point side R, touch, Heel Hook, Lock R Fwd, Step 1/2, 1/2 Back, Sweep Behind Side Cross**

1&2&      Point right to right side, touch right beside left, tap right heel fwd, hook right under left knee

3&4      Step forward right, lock left behind right, step forward on right

5&6      Step left 1/2 turn right, 1/2 turn right step back left sweep right

### **Alternative steps: mambo forward step back**

7&8      Place right behind left, step left to left side, cross right over left - 12 o'clock

## **[9-16] Point side L, Touch, Heel Hook, Lock L Fwd, Step R 1/4, Weave, Cross**

1&2&      Point left to left side, touch left beside right, tap left heel forward, hook left under right knee

3&4      Step forward left, lock right behind, step forward left

5&6&      Step right forward 1/4 turn left, cross right over left, step left to left side

7&8      step right behind left, step left to left side, cross right over left \*\*\*\* - 9 o'clock

**\*\*\*\*Restart wall 6, change count 8 (cross right) to touch right beside left**

## **[17-24] Rumba back, Side Together 1/2, Rumba Back, Side Together 1/4 R**

1&2      Step left to left side, place right beside left, step back left

3&4      step right to right side, place left beside 1/4 turn right, 1/4 turn right cross right over left - 3 o'clock

5&6      step left to left side, place right beside left, step back left

7&8      step right to right side, step left beside right, 1/4 turn right step right forward - 6 o'clock

## **[25-32] Cross Rock, Side Rock, Behind Side Cross, Heel Strut R,L,R,L 3/4 turn R**

1&2&      Cross rock left over right, recover right, side rock left to left side, recover right

3&4      Place left behind right, step right to right side, cross left over right

5-6      1/4 turn Right, heel right forward, drop right toe, 1/4 right, heel left forward, drop left toe

7-8      1/4 turn right heel right forward, drop right toe, step forward left heel, drop left toe - 3 o'clock

**Restart on wall 6**

**Dance the first 16 counts and change count 16 (cross R) to a touch Right beside left .....**

**Happy dancing**

**Thanks to my hubby Steve for the help me with this dance**

**Hcbootleggers26@aol.com**