# The Big Lonely



Count: 64 Wall: 0 Level:

Choreographer: Cathy Montgomery (CAN)

Music: You Ain't Lonely Yet - Big House



#### RIGHT FOOT HEEL GRIND WITH A 3 STEP SHUFFLE

1-2 Place right heel forward and grind from left to right

3&4 Do a 3 step shuffle (right-left-right)

#### LEFT FOOT HEEL GRIND WITH A LEFT 3 STEP SHUFFLE

5-6 Place left heel forward and grind from right to left

7&8 Do a 3 step shuffle (left-right-left)

## 1/2 RIGHT VINE WITH A RIGHT 3 STEP SHUFFLE

1-2 Step right, left behind

3&4 3 step shuffle (right-left-right)

#### 1/2 LEFT VINE WITH A LEFT 3 STEP SHUFFLE

5-6 Step left, right behind

7&8 3 step shuffle (left-right-left)

#### TOUCH RIGHT, SCOOT, TOUCH LEFT

1-2 Touch right to right side and hold

3&4 Scoot left right and touch left foot beside right

#### TOUCH LEFT, SCOOT, TOUCH RIGHT

5-6 Touch left to left side and hold

7&8 Scoot right, left and touch right foot beside left

### FOUR 3 STEP SHUFFLES IN A BOX FORMATION

1&2 Three step shuffle with a ¼ turn forward to your left shoulder

3&4
3 step shuffle with a ¼ turn back to your left shoulder
5&6
3 step shuffle with a ¼ forward to your left shoulder
3 step shuffle with a ¼ turn back to your left shoulder

#### TOUCH, CROSS, TOUCH, CROSS, TOUCH MONTEREY TURN

1-2 Touch right foot to right side, step right cross left

3-4 Touch left to left side, step left cross right

5-6 Touch right to right side, pivot ½ turn to right shoulder and touch right beside left

7-8 Touch left to left side, step left beside right

1-8 Repeat above 8 steps

### 2 RIGHT KICK BALL CHANGES KICK, KICK, ½ TURN 3 STEP SHUFFLE

1&2 Kick right foot forward, step quickly onto right, step quickly onto left Kick right foot forward, step quickly onto right, step quickly onto left

5-6 Kick right foot forward, kick right foot to side

7&8 ½ turn 3 step shuffle to right shoulder (right-left-right)

#### 2 LEFT KICK BALL CHANGES KICK, KICK, 1/4 TURN 3 STEP SHUFFLE

1&2	Kick left foot forward, step quickly onto left, step quickly onto right
3&4	Kick left foot forward, step guickly onto left, step guickly onto right

5-6 Kick left foot forward, kick left foot to side

7&8 ¼ turn 3 step shuffle to left shoulder (left-right-left)

# **REPEAT**