Count: 32
Wall: 4
Level: Intermediate
Choreographer: Dougie D (UK) - February 2008
Music: Lonely Alone - The Forester Sisters

Intro, 32 counts from the word 'Careless'
Rolling vine left, step right to right side, tap left beside right, rock left, rock right with $1 / 4$ turn right
1-2 step left1/4 turn left, make $1 / 4$ left stepping right to right side
(option to rolling vine, step left to left side, cross right
3-4 make $1 / 2$ left, stepping left to left side, tap right beside left,
(behind left, step left to left side, tap right beside left)
5-6 long step to right side on right, tap left beside right,
7-8 step and rock left to left side, rock right to right side with $1 / 4$ turn right

Shuffle 1/2 turn right, back rock, full turn left, $1 / 4$ turn left.
$1 \& 2$ shuffle $1 / 2$ turn left, stepping left, right, left,
3-4 rock back on right, recover on left,
5-6 step fwd on right, pivot $1 / 2$ turn left, step back on left, pivot $1 / 2$ turn left,
(option to full turn, walk fwd, right, left)
7-8 rock out to right side, recover on left with $1 / 4$ turn left,

Fwd lunge, lock steps back x 2, back rock.
1-2 lunge fwd on right, recover on left,
3\&4 step back on right, step left in front of right, step back on right,
5\&6 step back on left, step right in front of left, step back on left,
7-8 rock back on right, recover on left,

Side rock, $1 / 4$ turn left, cross and $1 / 2$ turn left, fwd rock, side rock.
1-2 step and rock right to right side, recover on left with $1 / 4$ turn left,
3-4 cross right over left, pivot 1/2 turn left,
5-6 rock fwd on right, recover on left,
7-8 step back on right, tap left beside right

Begin again.

