

# My Lonely Nights

Count: 32

Wall: 4

Level: Beginner

Choreographer: Alan Haywood (UK), Jo Kinser (UK) & John Kinser (UK) - April 2009

Music: Prayin' for Daylight - Rascal Flatts



**Intro: 16 slow counts, start on vocals**

**Sec 1: R Side, Touch L, L Side, Touch R, Walk Forward R L, R Forward, ½ L**

- 1-2 Step right to right side, touch left next to right
- 3-4 Step left to left side, touch right next to left
- 5-6 Walk forward right, walk forward left
- 7&8 Step forward onto right, pivot ½ turn left (6 o/c)

**RESTART here at END of wall 2**

**Sec 2: R Brush Hook Step, L Brush Hook Step, R Forward Rocking Chair**

- 1&2 Brush right forward, hook right in front of left, step forward onto right
- 3&4 Brush left forward, hook left in front of right, step forward onto left
- 5-6 Rock forward onto right, recover weight back onto left
- 7-8 Rock back onto right, recover weight forward onto left

**Sec 3: Cross R Over L, Point L, Cross L Over R, Point R, R Over Jazz Box Cross**

- 1-2 Cross step right over left, point left to left side
- 3-4 Cross step left over right, point right to right side
- 5-6 Cross step right over left, step left back
- 7-8 Step right to right side, cross step left over right

**Sec 4: ¼ L (R Back), Touch L Forward, L Forward, Touch R, R Back, Hook L, L Forward Shuffle**

- 1-2 Make a ¼ turn left stepping right back, touch left heel forward
- 3-4 Step forward onto left, touch right toe behind left
- 5-6 Step back onto right, sliding left towards right hook left in front
- 7&8 Step forward onto left, close right next to left, step forward onto left

**Repeat And Enjoy!**

To keep the music in phase, we have had to put in one restart and one 4-count tag.

**RESTART:** At the END of wall 2, dance the FIRST 8 counts only, then restart the dance facing 12 o'clock.

**TAG:** At the END of wall 6, a 4-count tag is required. Just do the FIRST 4 counts of the dance to make the tag (R side, touch L, L side, touch R). At this point, you will be facing 9 o'clock