

# Lonely No More..

**COPPERKNOB**  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Andrew Palmer (UK), Simon Cox (UK) & Sheila Palmer (UK)

**Musique:** Lonely No More - Rob Thomas : (CD Single)



**Step, Right  
Lock Step, 1/2  
Turn Point, &  
Step 3/4,  
Sweep Behind  
& Cross.**

1 Step forward  
on Left  
2&3 Step  
forward on  
Right, lock Left  
behind Right,  
step forward on  
Right.

4 Pivot 1/2 turn  
to RIGHT  
pointing Left to  
Left side [6:00].  
&5-6 Step Left  
next to Right,  
step forward on  
Right, pivot 3/4  
turn to Left  
sweeping Left  
round & behind  
[9:00].

7&8 Cross step  
Left behind  
Right, step  
Right to Right  
side, cross step  
Left over Right.

**Bump & 1/4  
Turn, Kick &  
Step, Sailor 1/2  
Turn, & Press,  
1/4 Turn.**

1&2 Bump hips  
Right, Left, then  
bump back as  
you make 1/4  
turn to Left  
(weight on  
Right) [6:00].

3&4 Kick Left

forward, step

Left next to

Right, step

Forward on

Right.

5&6 Make 1/4

turn to Left

stepping Left

behind Right,

1/4 turn to Left

stepping Right

next to Left,

step forward on

Left. (sailor 1/2)

[12:00].

&7-8 Tap Right

next to Left,

press forward

on Right, make

1/4 turn to Left

as you step Left

a large

step to Left side

dragging Right

toward Left

[9:00].

**Twinkle 1/2**

**Turn, Rock,**

**Recover, &**

**Cross & Touch,**

**1/2, 1/4 Hitch.**

1&2 Cross step

Right over Left,

make 1/4 turn to

Right stepping

back on Left,

1/4 turn to Right

stepping Right

to Right side

[3:00].

3-4 Cross rock

Left over Right,

recover on

Right.

&5 Step Left to

Left side, cross

step Right over

Left.

&6 Step Left to

Left side, touch

Right toe behind

Left

7-8 Unwind 1/2  
turn to Right  
taking weight on  
Right, 1/4 turn  
to Right hitching  
Left knee  
[12:00].

**Cross Rock 1/4  
Turn, 1/2, 1/2,  
Step, Back,  
Rock & 1/2,  
Pose.**

1&2 Cross rock  
Left over Right,  
recover on  
Right, make 1/4  
to Left stepping  
forward on Left  
[9:00].

3&4 Make 1/2  
turn to Left  
stepping back  
on Right, 1/2  
turn to Left  
stepping  
forward on  
Left, step  
forward on  
Right [9:00].

5 Step back on  
Left.

6&7 Rock back  
on Right,  
recover on Left,  
make 1/2 turn to  
Left stepping  
back on Right  
[3:00].

8 Touch Left in  
front of Right  
(knee bent)

**Tag: End of  
Wall 1 to be  
danced only  
once.**

1 Step forward  
on Left.

2&3 Step  
forward on  
Right, 1/2 turn  
to Left stepping  
forward on Left,  
1/2 turn Left  
stepping back  
on Right.

4 Touch Left in  
front of Right  
(knee bent)

**At end of Wall 2  
& Wall 5 instead  
of starting from  
Count 1 dance  
the last 16**

**Counts again..**

i.e. From Count

32 add & Step

Left to Left side.

Then dance

from count 17.

Twinkle 1/2

turn. This will

happen facing

the back wall

both times &

turn you to face

front again.

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