

## Lonely

32 count, 4 wall, beginner level

Choreographer: Therese Scharff Stripp & Tenna Stripp Severinsen (Aug 2005)

Choreographed to: Lonely by Akon

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### **R Kick & Cross x 2, ¼ Turn, ¼ Turn, Cross Shuffle**

- 1&2 Kick R diagonally forward (2 o'clock), Step slightly back on R. Cross Step L over R.  
3&4 Kick R diagonally forward (2 o'clock), Step slightly back on R. Cross Step L over R.  
5 Turn ¼ L stepping back on R  
6 Turn ¼ L stepping L to L side  
7&8 Cross R over L, Step L slightly to L side, Cross R over L

### **2xL Kick Ball Cross, L Rock Step, Cross Shuffle**

- 1&2 Kick L diagonally forward (4 o'clock), Step slightly back on L. Cross Step R over L.  
3&4 Kick L diagonally forward (4 o'clock), Step slightly back on L. Cross Step R over L.  
5-6 Rock L to L side, Recover on R  
7&8 Cross L over R, step R slightly to R side, Cross L over R

### **Walk forward R, L, Walk back R, L, Knee Pop with ¼ Turn, R Press Step**

- 1-2 Walk forward R, L – shoulder width apart; on R stretch R arm down and slightly out, with palm of hand to front, on L stretch L arm down and slightly out, with palm of hand to front.  
3-4 Walk back R, L – shoulder width apart; on R place R palm over heart, on R place L palm on top of R palm over heart.  
5&6 Pop R knee out, in, out - on last knee pop "out" turn ¼ turn R, weight on L  
7-8 Press on R with head down, Recover on L with both arms stretched up and out.

### **R Lock Step, L Lock Step, R Step turn x 2**

- 1&2 Step R foot forward, Step L behind R, Step R foot forward  
3&4 Step L foot forward, Step R behind L, Step L foot forward  
5-6 Step forward on R, ½ turn L ending with weight on L  
7-8 Step forward on R, ½ turn L ending with weight on L
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