



Lonely For Long

64 Count 2 Wall Intermediate Level Dance.

Choreographed by: Alison Metelnick (UK) & Peter Metelnick (UK) Apr 2025

Choreographed to: Lonely For Long by Zach Top

Intro: 16 Counts. Start at approx 16 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 WALK, WALK, SHUFFLE, FWD, TOUCH, BACK, TOUCH

- 1-2 Step R forward, step L forward
- 3&4 Step R forward, step L together, step R forward
- 5-6 Step L forward, touch R together
- 7-8 Step R back, touch L together

SEC 2 ROCK, ½ FWD SHUFFLE, JAZZ BOX CROSS

- 1-2 Rock L forward, recover weight on R
- 3&4 Turning ½ left step L forward, step R together, step L forward (6:00)
- 5-6 Cross R over L, step L back
- 7-8 Step R back, cross L over R

SEC 3 SIDE, BEHIND, ¼ FWD, ¼ SIDE, SIDE, CROSS, ¼ BACK, ¼ SIDE

- 1-2 Step R side, step L behind R
- 3-4 Turning ¼ right step R forward, turning ¼ right step L side (12:00)
- 5-6 Step R side, cross step L over R
- 7-8 Turning ¼ left step R back, turning ¼ left step L side (6:00)

Restart Here on Wall 5

SEC 4 CROSS, POINT, CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE

- 1-2 Cross step R over L, point L side
- 3&4 Cross step L over R, step R side R, cross step L over R
- 5-6 Rock R side, recover weight on L
- 7&8 Cross step R over L, step L side, cross step R over L

SEC 5 SIDE ROCK, ¼ RECOVER, SHUFFLE, ¼ MONTEREY, SIDE ROCK CROSS

- 1-2 Rock L side, recover weight on R turning ¼ right (9:00)
- 3&4 Step L forward, step R together, step L forward
- 5-6 Point R side, turning ¼ right on left and step R together (12:00)
- 7&8 Rock L side, recover weight on R, cross step L over R

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SEC 6 SIDE, SAILOR, SAILOR, ROCK, ½ FWD

- 1 Step R side
- 2&3 Cross step L behind R, step R side, step L side
- 4&5 Cross step R behind L, step L side, step R side
- 6-8 Rock L forward, recover weight on R, turning ½ left step L forward (6:00)

SEC 7 WALK, WALK, KICK BALL STEP, FWD, ½ PIVOT TURN, FWD SHUFFLE

- 1-2 Step R forward, step L forward
- 3&4 Kick R forward, step R back, step L forward
- 5-6 Step R forward, pivot ½ left (12:00)
- 7&8 Step R forward, step L together, step R forward

SEC 8 WALK, WALK, KICK BALL STEP, FWD, ½ PIVOT TURN, FWD SHUFFLE

- 1-2 Step L forward, step R forward
- 3&4 Kick L forward, step L back, step R forward
- 5-6 Step L forward, pivot ½ right (6:00)
- 7&8 Step L forward, step R together, step L forward

