

# Lonely Blues

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**Choregraphie par :** Rachael McEnaney-White  
(UK/USA)

**Description :** 64 temps, 4 murs,  
Débutant/Novice, Avril 2019

**Musique :** Mr. Lonely – Midland (2.59mins) –  
approx. 150bpm. iTunes



**Count In: 24 counts from start of track, dance begins on vocals**

**Notes: NO Tags Or Restarts**

**[1 – 8] R heel, R close, L heel, L close, R fwd point, R side point, R touch, R kick**

1 2 3 4 [1] Touch R heel forward, [2] Step R next to L, [3] Touch L heel forward, [4]  
Step L next to R 12.00

5 6 7 8 [5] Point R toe forward, [6] Point R to right side, [7] Touch R next to L, [8] Kick R  
to right diagonal 12.00

**[9 – 16] R behind, L side, R cross, L kick, L behind, 1/4 turn R, L fwd, R brush**

1 2 3 4 [1] Cross R behind L, [2] Step L to left side, [3] Cross R over L, [4] Kick L to left  
diagonal 12.00

5 6 7 8 [5] Cross L behind R, [6] Make 1/4 turn right stepping forward R, [7] Step  
forward L, [8] Brush R next to L (weight L) 3.00

**[17 – 24] R fwd, L touch, L back, R kick, R back, L close, R fwd, L brush**

1 2 3 4 [1] Step forward R, [2] Touch L next to R, [3] Step back L, [4] Kick R forward  
3.00

5 6 7 8 [5] Step back R, [6] Step L next to R, [7] Step forward R, [8] Brush L forward  
3.00

**[25 – 32] L cross, R side, L behind, R side, L jazz box cross**

1 2 3 4 [1] Cross L over R, [2] Step R to right side [3] Cross L behind R [4] Step R to  
right side 3.00

5 6 7 8 [5] Cross L over R, [6] Step back R, [7] Step L to left side, [8] Cross R over L 3.00

**[33 – 40] L side, R heel-toe-heel swivels in, Twist heels R, Twist toes R, Twist heels R  
with 1/4 turn L, L hook**

1 2 3 4 [1] Step L to left side, [2] Swivel R heel in towards L, [3] Swivel R toe in towards  
L, [4] Swivel R heel in towards L 3.00

5 6 [5] Twist both heels right, [6] Twist both toes right 3.00

7 8 [7] Twist both heels right as you make 1/4 turn left, [8] Hook L in front of R  
shin 12.00

**[41 – 48] L fwd, 1/2 turn L hitching R, R back, 1/4 turn L hitching L, L side, R close, L fwd, R touch**

1 2 [1] Step forward L, [2] Make 1/2 turn left on L ball as you hitch R knee 6.00  
3 4 [3] Step back R, [4] Make 1/4 turn left on R ball as you hitch L knee 3.00  
5 6 7 8 [5] Step L to left side, [6] Step R next to L, [7] Step forward L, [8] Touch R next to L 3.00

**[49 – 56] R diagonal steps fwd x2, L touch, L diagonal steps back x2**

1 2 3 4 [1] Step R diagonally forward, [2] Step L next to R, [3] Step R diagonally forward, [4] Touch L next to R 3.00  
5 6 7 8 [5] Step L diagonally back, [6] Step R next to L, [7] Step L diagonally back, [8] Touch R next to L 3.00

**[57 – 64] R diagonal back, L touch, L diagonal back, R touch, R back, L close, R fwd stomp, L stomp next to R**

1 2 3 4 [1] Step R diagonally back, [2] Touch L next to R (Clap option), [3] Step L diagonally back, [4] Touch R next to L (Clap option) 3.00  
5 6 7 8 [5] Step back R, [6] Step L next to R, [7] Stomp R forward, [8] Stomp L next to R 3.00

**START AGAIN 😊 HAVE FUN**

**Ending: The last wall begins facing the back, dance the first 14 counts then instead of stepping forward L on count 7 make a further 1/4 turn right stepping L to left side, then step R to right side on count 8 taking hands up...ta-da!**

(525)