

LONELY INSIDE

Choreo: Antoinette Claassens

Dance: 4 wall line dance

Counts: 64

Level: Improver

Intro: Starts on the song

Music: "Right here, right now"

Stefan van de Hout

Skate R L, shuffle forward, skate L R, Shuffle forward

1 – 2 RF skate – LF skate
3 & 4 RF step fwd – LF close
RF step fwd
5 – 6 LF skate – RF skate
7 & 8 LF step fwd – RF close
LF step fwd

RF Cross over, step back, chassé R

LF cross over, step back, chassé L

1 – 2 RF cross over – LF step back
3 & 4 RF step R side – LF close
RF step R side
5 – 6 LF cross over – RF step back
7 & 8 LF step L side – RF close
LF step L side

Forward rock step, shuffle 1/2 turn R, Step fwd 2x 1/2 turn R, mambo step fwd

1 – 2 RF rock fwd – recover on LF
3 & 4 RF step back 1/4 R – LF close
RF step fwd 1/4 R
5 – 6 LF step back 1/2 R
RF step fwd 1/2 R
7 & 8 LF rock fwd – recover on RF
LF close * *restart punt*

Mambo step forward, mambo step back, Mambo cross R side, mambo cross L side

1 & 2 RF rock fwd – recover on LF
RF close
3 & 4 LF rock back – recover on RF
LF close
5 & 6 RF rock R side – recover on LF
RF cross over
7 & 8 LF rock L side – recover on RF
LF cross over

Step forward, pivot 1/4 L (x2), jazzbox cross

1 – 2 RF step fwd – RF+LF turn 1/4 L
3 – 4 RF step fwd – RF+LF turn 1/4 L
5 – 6 RF cross over – LF step back
7 – 8 RF step R side – LF cross over

Point R, close 1/4 R, side mambo cross (x2)

1 – 2 RF point R – close 1/4 turn R
3 & 4 LF rock L side – recover on RF
LF cross over
5 – 6 RF point R – close 1/4 turn R
7 & 8 LF rock L side – recover on RF
LF cross over

Step R side, cross behind, chassé 1/4 R, step forward, pivot 3/4 R, chassé L

1 – 2 RF step R side – LF cross behind
3 & 4 RF step R side – LF close
RF step fwd 1/4 R
5 – 6 LF step fwd – LF+RF turn 3/4 R
7 & 8 LF step L side – RF close
LF step L side

Cross rock behind, kick-ball-cross, side rock, Sailor touch 1/4 turn R

1 – 2 RF cross rock behind – recover on LF
3 & 4 RF kick diagonal R fwd
RF step on ball - LF step next
5 – 6 RF rock R side – recover on LF
7 & 8 RF cross behind 1/4 turn R
LF step L side - RF touch next to LF

Start over again!

*Restart: in the 5th wall after session 3
(= after 24 counts)*

*Finish: at the end of the song after session 1
[3] dance a jazzbox with 1/4 turn L to the
start wall [12] and touch next.*