

# It's Only 'Cause You're Lonely

**Count:** 32

**Wall:** 1

**Level:** Beginner - Contra Mixer - Line or

Circle

**Choreographer:** Karine Moya (Fr) Sept 2015

**Music:** It's Only 'Cause You're Lonely by Deryl Dodd

**Intro : 16 Count**

**Start position Circle : Face inside the Circle**

**OR**

**Start position Circle Contra Mixer : The two lines are facing each other, dancers in staggered row**

**Section 1 : RIGHT VINE ½ TURN, SCUFF, LEFT VINE ½ TURN, SCUFF**

1 2 Step right to the right side, Step left behind right ,  
3 4 ¼ Turn right Step right forward, ¼ Turn right Scuff  
5 6 Step left to the left side, step right behind left ,  
7 8 ¼ Turn left Step left forward, ¼ Turn left Scuff

**Section 2 : STEP RIGHT FORWARD , LEFT HOOK BACK & SLAP, STEP LEFT BACK, RIGHT HOOK BACK & SLAP, STEP RIGHT FORWARD , LEFT HOOK BACK & SLAP, STEP LEFT BACK, RIGHT HOOK ACROSS LEFT & SLAP,**

1 2 Step right forward, Slap left heel behind right with right hand  
3 4 Step left back, Slap right heel behind left with left hand  
5 6 Step right forward, Slap left heel behind right with right hand  
7 8 Step left back, hook right across left & Slap

**Option Easy : Slap your right knee**

**RESTARTS : Here Walls 4, 7, 9**

**Section 3 : RIGHT STEP LOCK STEP, SCUFF, (LINKING PARTNERS RIGHT HAND ½ TURNING RIGHT) 1/8 TURN WALK, 1/8 TURN SCUFF, 1/8 TURN WALK, 1/8 TURN SCUFF**

1 2 3 4 Step right forward, Lock left behind right, Step right forward, Scuff

**Linking Partners Right hand during the ½ Turn (Just for CIRCLE CONTRA MIXER)**

5 6 1/8 Turn right Walk, 1/8 Turn right Scuff  
7 8 1/8 Turn right Walk, 1/8 Turn right Scuff

**Section 4 : , LEFT STEP LOCK STEP, SCUFF, , STEP RIGHT FORWARD, ½ TURN LEFT, RIGHT SIDE POINT, POINT RIGHT BEHIND LEFT & TURN YOUR HEAD TO THE LEFT**

1 2 3 4 Step left forward, Lock right behind left, Step left forward, Scuff  
5 6 Step right forward, 1/2 Turn left (Weight on left)  
7 8 Touch point right to the right side, Point right behind left & Turn your head to the left

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**Last Update – 12th Nov. 2015**