Lonely For Long

Count: 64 **Wall:** 2 **Level:** Intermediate
Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - April 2025
Music: Lonely for Long - Zach Top

Start after 16 count intro – approx. 16secs – 3mins 37secs – 108bpm
Available: Amazon

[1-8] Walk or skate fwd R/L, R fwd shuffle, L fwd step, touch R, R back step touch L

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

WALL 7 ENDING: Dance first 8 counts. To end step L forward and strike a pose.

[9-16] L fwd rock/recover, ½ L, L fwd shuffle, R 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 o'clock)
5-8	Cross R over L, step L back, step R back, cross L over R

[17-24] R side, L behind, ¼ R, R fwd, ¼ R, L side, R side, cross L over R, ¼ L, step R back, ¼ L, step L side

1-4	Step R side, step L behind R, turning ¼ right step R forward, turning ¼ right step L side (12 o'clock)
5-8	Step R side, cross step L over R, ¼ L, R back, ¼ L, step L side (6 o'clock)

WALL 5 RESTART: Dance up to count 24 which takes you to the back wall and restart

[25-32] Cross R, point L to L side, L cross shuffle, R side rock/recover, R 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

[33-40] L side rock/recover turning ¼ R, L fwd shuffle, R side point, ¼ R turn, step R tog, L side rock/recover R/cross L over R

1-2	Rock L side, recover weight on R turning ¼ right (9 o'clock)
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 o'clock)
7&8	Rock L side, recover weight on R, cross step L over R

[41-48] R side, L sailor, R sailor, L fwd rock/recover, ½ L, L 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 o'clock)

[49-56] Walk fwd R/L, R kick ball step fwd, R fwd, ½ L pivot turn, R 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 o'clock)
7&8	Step R forward, step L together, step R forward

[57-64] Walk fwd L/R, L kick ball step fwd, L fwd, ½ R pivot turn, L 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 o’clock)
7&8	Step L forward, step R together, step L forward