



Bill Larson

Mr. LONELY

Choreographer: Bill Larson – October 2005
 Song: 'Lonely by Akon (90bpm)
 2 Wall 64 Count Intermediate



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Steps	Actual Footwork	Direction	Calling Suggestion
Section 1 1,2 3&4 5,6 7&8	Step Slide Shuffle, Turn Step Slide Shuffle <i>Turning 1/4 R</i> Step R fwd, Slide L up beside R (3:00) Step R fwd, Slide L up beside R Step R fwd <i>Turning 1/2 L</i> Step L fwd, Slide R up beside L (9:00) Step L fwd, Slide R up beside L Step L fwd	Right Left	Step Slide Step Slide Step Step Slide Step Slide Step
Section 2 1,2 3&4 5,6 7&8	Skate Skate Shuffle, Skate Skate Shuffle <i>Turning 1/4 R</i> Skate R fwd at 45' R, Skate L fwd at 45' L Shuffle fwd at 45' R: R L R Skate L fwd at 45' L, Skate R fwd at 45' R Shuffle fwd at 45' L: L R L	Forward	Skate Skate Shuffle Skate Skate Shuffle
Section 3 1,2 3&4 5&6 & 7&8	Fwd Rock Turn, Cross ball heel & Cross ball heel Step R fwd, Rock back onto L <i>Turning 3/4 R</i> Triple step on the spot: R L R Cross L over R, Step R to side, Tap L heel at 45' L Step L beside R Cross R over L, Step L to side, Tap R heel at 45' R	On the Spot Turning Right On the Spot	Fwd Rock 3/4 Turn R Cross Ball Heel & Cross Ball Heel
Section 4 &1,2 3&4 5&6 & 7&8	& Fwd Rock Turn, Cross ball heel & Cross ball heel Step R beside L, Step L fwd, Rock back onto R <i>Turning 3/4 L</i> Triple step on the spot: L R L Cross R over L, Step L to side, Tap R heel at 45' R Step R beside L Cross L over R, Step R to side, Tap L heel at 45' L	On the Spot Turning R On the Spot	Fwd Rock 3/4 Turn R Cross Ball Heel & Cross Ball Heel
Section 5 &1,2 &3,4 & 5&6 &7,8	& Cross Rock & Cross Rock, Cross Weave & Cross Rock Step L beside R, Cross R over L, Rock onto L, Step R beside L, Cross L over R, Rock weight onto R Step L beside R Cross R over L, Step L to side, Step R behind L Step L to side, Cross R over L, Rock onto L	On the Spot Left	Cross Rock & Cross Rock & Weave Left & Cross Rock
Section 6 &1,2 &3,4 & 5&6 &7,8	Cross Rock & Cross Rock, Cross Weave & Cross Rock Step R beside L, Cross L over R, Rock onto R Step L beside R, Cross R over L, Rock weight onto L Step R beside L Cross L over R, Step R to side, Step L behind R Step R to side, Cross L over R, Rock onto R	On the Spot Right	Cross Rock & Cross Rock & Weave Right & Cross Rock
Section 7 & 1,2 &3 &4 &5,6 7&8	& Step Pivot & Turn & Turn, Back Rock Shuffle <i>Turning 1/4 L</i> Step L fwd Step R fwd, Pivot 1/2 turn L <i>weight on L</i> Rock back onto R <i>with a 1/2 turn L</i> , Step L fwd (<i>push off L foot</i>) Rock back onto R <i>with a 1/2 turn L</i> , Step L fwd (<i>push off L foot</i>) Rock back onto R, Step L back, Rock fwd onto R Shuffle fwd: L R, L	Turning L On the Spot Forward	Turn Step Pivot Turn & Turn & Turn Back Rock Shuffle
Section 8 1,2 3& 4 5,6 & 7,8	Fwd Rock 1&1/2 Turn, Fwd Rock Ball Turn, Full Turn Step R fwd, Rock back onto L <i>with 1/2 turn R</i> Step R fwd <i>with 1/2 turn R</i> , Step L back <i>with 1/2 turn R</i> Step R fwd, Step L fwd, Rock back onto R <i>Turning 1/4 L</i> Step L to side <i>Turning 1/2 L</i> Step R to side, <i>Turning 1/2 L</i> Step L to side	On the Spot Turning Right On the Spot Turning Right	Fwd Rock Turn Shuffle Fwd Rock Ball Turn Turn