


TITLE: ANOTHER LONELY DAY Choreographed by VAL PARRY WEB: http://www.dancers-r-us.co.uk EMAIL: val@dancers-r-us.co.uk	MUSIC: Another Lonely Day by CHRIS JAMES LEVEL: IMPROVER - Walls 2 – Count 48 – INTRO – 16 Counts - Restarts 2 Music Rhythm- NC2S / Music Style Country	
VIDEO LINK at http://www.youtube.com/watch?v=PdYwjwARfEM Music download available free http://www.chrisjamescountry.co.uk/		

SECTION 1 – Step Forward, Mambo ½, Lock step forward, Cross rock, Side, Together, Left chasse		
1	Step forward on Right	
2 & 3	Rock forward on Left, Recover weight on Right, Turn ½ left stepping forward on Left foot	
4 & 5	Step forward Right, Lock Left behind Right, Step forward on Right	
6 & 7 &	Cross rock Left over Right, Recover weight on Right, Step Left to left , Close Right to Left	
8 & 1	Step Left to left side, Close Right next to Left, Step Left to left side	6 o'clock

SECTION 2 -Cross rock side, Behind ¼ R, ¼ R, Back rock, Side rock, Cross rock, Side		
2 & 3	Cross Rock Right over Left, Recover weight on Left, Step Right to right side	
4 & 5	Cross Left behind Right, Turn ¼ right step forward on Right, Turn ¼ right step Left to side	
6 & 7 &	Rock Right behind Left, Recover weight on Left, Rock Right to side, Recover weight on Left	
8 & 1	Cross rock Right over Left, Recover weight on Left, Step Right o right side	12o'clock

SECTION 3 -Cross, Side, Sailor step, Cross, Back, Side, Cross, Back, Side		
2, 3	Cross Left over in front of Right, Step Right to right side	
4 & 5	Cross Left behind Right, Step Right to right side, Step Left to left side	
6 & 7	Cross Right over Left, Step back on Left, Step Right to right side	
8 & 1	Cross Left over Right, Step back on Right, Step Left to left side	12o'clock

SECTION 4 -Back rock, Side, Back rock Step, Right rocking chair, Pivot ½ Step forward		
2 & 3	Rock back on Right, Recover weight on Left, Step Right to right side	
4 & 5	Rock back on Left, Recover weight on Right, Step Left forward	
6 & 7 &	Rock forward on Right, Recover weight on Left, Rock back on Right, Recover weight on Left	
8 & 1	Step forward Right, Turn ½ left stepping forward on Left, Step forward on Right	6 o'clock

SECTION 5 -Walk L-R Rocking Chair, Forward rock, Run back L-R, Coaster Step		
2, 3	Walk forward Left, Walk forward Right	
4 & 5 &	Rock forward on Left, Recover weight on Right, Rock back on Left, Recover weight on Right	
6 & 7 &	Rock forward on Left, Recover weight on Right, Run back Left, Run back Right	
8 & 1	Step back Left, Step Right next to Left, Step Left forward towards left diagonal	6 o'clock

SECTION 6 -Cross rock, ½ rumba box forward, pivot ½, Step forward, Pivot ½		
2, 3	Cross rock Right over Left, Recover weight on Left	
4 & 5	Step Right to right side, Step Left next to Right, Step Right forward RESTARTS HERE ON WALLS 2 & 4 (Count 5 becomes Count 1)	
6 & 7	Step forward on Left, Pivot ½ right stepping forward on Right, Step forward on Left	
8 &	Step forward on Right, Pivot ½ left stepping forward on Left	6 o'clock

RESTARTS

Wall 2 and Wall 4 – Facing front after count 4& of Section 6 (Count 5 of section 6 becomes Count 1)

ENDING Wall 6 - Dance through Section 1 and Section 2 and then dance the following

Cross, Side, Sailor ½ turn,		
2, 3	Cross Left over in front of Right, Step Right to right side	
4 & 5	Cross left behind right, turn half left stepping right to right side, step left in place	