

**TITLE:** What A Lonely Girl  
**Choreographed by** VAL PARRY  
**Date:** November 2010  
**WEB:** <http://www.dancers-r-us.co.uk>  
**EMAIL:** [val@dancers-r-us.co.uk](mailto:val@dancers-r-us.co.uk)

**MUSIC:** Lonely Girl by Sandi Thom  
 From the album Smile.. It Confuses People  
 download 89p <http://www.amazon.co.uk>  
**LEVEL:** IMPROVER: Walls 2 - Counts 64  
**INTRO:** 4 counts - Immediately on vocals about 7 secs



Music Link: <http://www.amazon.co.uk/gp/product/B001GU0BGQ/ref=nosim/?tag=tunecheckerco-21>  
 Video Link:

<b>Sec 1</b>	<b>Side Rock, Cross Rock, Side Chasse, Hold</b>	
1 - 2	Rock Right to right side, Recover weight on Left	
3 - 4	Rock Right over in front of Left, Recover weight on Left	
5 - 6	Step Right to right side, Step Left next to Right	
7 - 8	Step Right to right side, HOLD	[12]
<b>Sec 2</b>	<b>Cross Rock, Side Rock, Cross Shuffle, Hold</b>	
1 - 2	Rock Left over in front of Right, Recover weight on Right	
3 - 4	Rock Left to left side, Recover weight on Right	
5 - 6	Cross Left over Right, Take a small step to the right with the Right foot	
7 - 8	Cross Left in front of Right, HOLD	[12]
<b>Sec 3</b>	<b>¼ Left, Touch, ¼ Left, Touch, Kick Ball Cross, HOLD</b>	
1 - 2	Turn ¼ left stepping back on Right, Touch Left next to Right	
3 - 4	Turn ¼ left stepping forward on Left, Touch Right to right side	
5 - 6	Kick Right Forward, Step down on Right	
7 - 8	Cross Left over in front of Right, HOLD	[6]
<b>Sec 4</b>	<b>Right Lock Step Back, HOLD, Full Turn, Step Back Hold</b>	
1 - 2	Step back on Right, Lock Left in front of Right	
3 - 4	Step back on Right, HOLD	
5 - 6	Turn ½ left and step forward on Left, Turn ½ Left and step back on Right	
7 - 8	Step back on Left, HOLD	[6]
<b>Sec 5</b>	<b>Back Rock, Forward Rock, Coaster Step, HOLD</b>	
1 - 2	Rock back on Right, Recover weight on Left	
3 - 4	Rock forward on Right, Recover weight on Left	
5 - 6	Step back on Right, Step Left next to Right	
7 - 8	Step forward on Right, HOLD	[6]
<b>Sec 6</b>	<b>Pivot ½, Pivot ¼, Shuffle Forward, Brush</b>	
1 - 2	Step forward on Left, Turning ½ to right step forward on Right	
3 - 4	Step forward on Left, Turning ¼ to right step forward on Right	
5 - 6	Step forward on Left, Close Right next to Left	
7 - 8	Step forward on Left, Brush Right past Left	[3]
<b>Sec 7</b>	<b>Mambo Forward, Hold, Lock Step Back, Hold</b>	
1 - 2	Rock forward on Right, Recover weight on Left	
3 - 4	Step Back on Right, HOLD	
5 - 6	Step back on Left, Lock Right in front of Left	
7 - 8	Step back on Left, HOLD	[3]
<b>Sec 8</b>	<b>Mambo Back, HOLD, Step ¼ Cross, HOLD</b>	
1 - 2	Rock back on Right, Recover weight on Left	
3 - 4	Step forward on Right	
5 - 6	Step forward on Left, Turn ¼ right and step Right to right side	
7 - 8	Step Left across Right, HOLD	[6]
	<b>NO TAGS – NO RESTARTS – NO FANCY FINISHES – JUST ENJOY!!</b>	