

Lonely & Sad

CHOREOGRAPHER: Jo Rosenblatt (June 2011)

**DANCE:** 48 counts, Four Wall Waltz, Upper Beginner / Improver Level

(There are **NO** tags or Restarts – just enjoy the music!!!)

START: "She .... going ....

SONG: Last Cheater's Waltz by T G Sheppard

This dance is for Leonie- who asked me to choreograph a dance to this music -thank you!

1,2,3 4,5,6	Forward, Touch, Kick, Back, Toe, Toe Step L forward, Touch R beside left, Kick R forward Step R back, Tap L toe across in front of right twice
1,2,3 4,5,6	Forward, Scuff, Step Right, Cross Rock, Recover, Step Step L forward, Scuff R beside left swinging out to right, Step R to right Cross rock L over right, Recover back onto R, Step L to left
1,2,3 4,5,6	Cross, Side, Behind, Side Rock, Recover, Touch Cross R over left, Step L to left, Step R behind left Side rock onto L, Rock back onto R, Touch L beside right
1,2,3 4,5,6	Back, Lock, Back, Back, Lock, Back Step L back on left diagonal, Cross R over left, Step L back on left diagonal Step R back on right diagonal, Cross L over right, Step R back on right diagonal
1,2,3 4,5,6	Rock Back, Recover, Half Turn, Rock back, Recover, Quarter Turn Rock back onto L, Recover onto R, Half turn right to step back on L Rock back onto R, Recover onto L, Quarter turn left to step R to right
1,2,3 4,5,6	Back, Point, Hold, Fwd, Point, Hold Step L back to line up behind right, point R to right side, Hold Step R forward to line up in front of left, point L to left side, Hold
1,2,3 4,5,6	Fwd, Point, Hold, Back, Point, Hold Step L forward to line up in front of right, point R to right side, Hold Step R back to line up behind left, point L to left side, Hold
1,2,3 4,5,6	Fwd Waltz LRL, Back Waltz RLR Step fwd on L, Step R beside left, Step L beside right (waltz forward) Step back on R, Step L beside right, Step R beside left (waltz back)

**START DANCE AGAIN**