

ONLY LONELY

SONG: ONLY LONELY
 ARTIST: TINA ARENA
 ALBUM: RESET
 CHOREOGRAPHER: MICHAEL VERA –LOBOS NOVEMBER 2013
 ORIGINAL POSITION: START ON VOCALS

BEATS:	STEPS:	4 WALL INTERMEDIATE DANCE	0:002
1 – 12	CROSS WALTZ, CROSS, ¼ L, STEP SIDE, CROSS, SWEEP SIDE, CROSS, ¼ L, STEP BACK		
1,2,3,4,5,6	Cross R over L, Rock L to L, Replace wt on R, Cross L over R, Turning ¼ L Step back on R, Step L to L		
1,2,3,4,5,6	Cross R over L, Sweep L to L side (2 counts) (9:00), Cross L over R, Turning ¼ L Step back on R, Step back L		
13 – 24	STEP BACK, DRAG TOWARDS, COASTER WALTZ BACK L, ¾ WALTZ FWD R, CROSS, ¼ L, ¼ L		
1,2,3,4,5,6	Step back on R (6:00), Drag L towards R (2 counts), Step back on L, Step R beside L, Step fwd L (6:00)		
1,2,3,4,5,6	Travel fwd – Step fwd R, Turning ½ R Step back on L, Turn a further ¼ R on R Ending with R to R (3:00) Cross L over R, Turning ¼ L Step back on R, Turning a further ¼ L End with L to L (9:00)		
25 – 36	STEP FWD INTO CNR, DRAG, ½ BACK R, SWEEP SIDE, ROCK BACK, REPLACE, ½ L, STEP BACK, ½ R, FWD		
1,2,3,4,5,6	Step Fwd R into L Corner (7:00), Drag L towards R 2 counts), Turning ½ R Step back on L, Sweep R to R side (2 counts) (1:00)		
1,2,3,4,5,6	Rock back R, Replace wt on L, Turning ½ L Step back on R (7:00), Step back on L, ½ R on R, Step fwd on L (1:00)		
37 – 48	STEP FWD, 1/8 R SWEEP L, CROSS, SIDE, BEHIND, ¼ R, STEP FWD L, ½ PIVOT R, ¼ R DRAG		
1,2,3,4,5,6	Step fwd R, Straightening up to side wall turn 1/8 R Sweeping L to L side (2 Counts), Cross L over R, Step R to R, Cross L behind R (3:00)		
1,2,3,4,5,6	Turning a further ¼ R Step fwd on R (6:00), Step fwd L, Pivot ½ R, Turning a further ¼ R Step L to L dragging R towards L (2 Counts) (3:00)		
49 – 60	CROSS BEHIND, SWEEP AROUND, BEHIND, ¼ R, STEP SIDE, CROSS BEHIND, SWEEP AROUND, BEHIND, ¼ R, STEP SIDE		
1,2,3,4,5,6	Cross R behind L, Sweep L to L side (2 Counts), Cross L behind R, Turn ¼ R on R, Step L to L side (6:00)		
1,2,3,4,5,6	Cross R behind L, Sweep L to L side (2 Counts), Cross L behind R, Turn ¼ R on R, Step L to L side (9:00)		
61 - 72	ROCK BEHIND, REPLACE, STEP SIDE, TOUCH BEHIND, SLOW ½ UNWIND L, CROSS WALTZ, CROSS, ¼ L, ½ L		
1,2,3,4,5,6	Rock R behind L, Replace wt on L, Step R to R, Touch L behind R, Lifting Both Heels Unwind ½ L (end Wt L)		
1,2,3,4,5,6	Cross R over L, Rock L to L, Replace wt On R, Cross L over R, Turning ¼ L Step back on R, Turn ½ L on L (End Wt L facing 6:00)		
73 – 84	SIDE R, DRAG BESIDE, FULL SPIN TRAVELLING L, CROSS ROCK, DRAG, HOLD, ROCK BACK, STEP SIDE, CROSS		
1,2,3,4,5,6	Step R to R, Drag L towards R, (2 Counts), Full Spin travelling to L Side Stepping L,R,L		
1,2,3,4,5,6	Cross Rock R over L, Drag L towards R, Hold, Rock back on L, Step R to R, Cross L over R (6:00)		
85 – 96	STEP SIDE, DRAG BESIDE, CROSS ROCK, REPLACE, STEP SIDE, CROSS, ¼ R, ½ R, STEP SIDE, DRAG BESIDE		
1,2,3,4,5,6	Step R to R, Drag L towards R, (2 Counts), Cross Rock L over R, Rock back on R, Step L to L (6:00)		
1,2,3,4,5,6	Cross R over L, Turning ¼ R Step back on L, Turning ½ R Step fwd on R, Taking a large Step to L, Drag R towards L (2 Counts) (3:00)		
96	To the Special Man in my life – Always....		

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