

Lonely No More

Easy Level/Pop/Slow Tempo

Record By: Rob Thomas; CD "Something To Be"

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Wait 8 Beats

Sequence: Intro A Extra B C A B C A B *C *C *Intro *Intro

Intro: 16 Beats

Charleston & Double-Step Rock(Forward)/Step Toe(Back)/Heel Rock(Back)/Step
L R L R R L R

2 Basics Double-Step Rock/Step Double-Step Rock/Step
L R L R L R

****Repeat Charleston & 2 Basics****

Part A: 32 Beats

Stomp Double Basic Stomp(1/4 Left) Double-Step Double-Step Rock/Step
L R L R L

Triple Brush Double-Step Double-Step Double-Step Brush/Slide (Forward)
R L R L R

Kangaroo Double-Step Slide Rock/Step Slide Rock/Step (Diagonally Left)
L L R L L R L

Triple Double-Step Double-Step Double-Step Rock/Step (3/4 Right)
R L R L R

****Repeat Stomp Double Basic, Triple Brush, Kangaroo & Triple To Face Front****

Extra: 4 Beats

2 Step Touches Step(Across) Touch(Out To Side) Step(Across) Touch(Out To Side)
L R R L

Part B: 32 Beats

2 Rooster Runs Double-Step Double-Step(Across) Step(Out) Step(Behind) Step(Out) Step(Across) ****Repeat****
L R L R L R

2 Around the Worlds Double-Step(1/4 Left) Brush(X) Brush(Out) Rock/Step ****Repeat W/Opposite Footwork****
L R R L R

****Repeat 2 Rooster Runs & 2 Around The Worlds To Face Front****

Part C: 16 Beats

Traveling Shoes Double-Step(1/4 Left) Heel/Step Heel/Step Heel/Step (moving Sideways)
L R L R L R L

Triple Double-Step Double-Step Double-Step Rock/Step (1/4 Left)
R L R L R

****Repeat Traveling Shoes & Triple To Face Front****

(Note: *C= Turn 1/4 Left on Traveling Shoes; *Intro= Turn 1/4 Right on Charleston)