



Dance: **Lonely Inside**  
Type: 64 Count, 4 Wall, Improver  
Choreographer: Antoinette Claassens (NL), December 2021  
Choreographed to: Right Here, Right Now by Stefan Van Den Hout (116 bpm, 3:18 min)

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Intro: Start after count 16, on the word "World"

<b>Section 1</b>	<b>Skate x 2, Right Shuffle, Skate x 2, Left Shuffle</b>	
1,2	Slide right forward on diagonal (1:30). Slide left forward on diagonal (10:30)	Skate, skate
3&4	Step right forward. Step left beside right. Step right forward	Right shuffle
5,6	Slide left forward on diagonal (10:30). Slide right forward on diagonal (1:30)	Skate, skate
7&8 @	Step left forward. Step right beside left. Step left forward	Left shuffle
<b>Section 2</b>	<b>Cross, Back, Chasse Right, Cross, Back, Chasse Left</b>	
1,2	Cross right over left. Step left back	Cross, back
3&4	Step right to right side. Step left beside right. Step right to right side	Right chasse
5,6	Cross left over right. Step right back	Cross, back
7&8	Step left to left side. Step right beside left. Step left to left side	Left chasse
<b>Section 3</b>	<b>Forward Rock, 1/2 Shuffle, Full Turn, Mambo Step</b>	
1,2	Rock forward on right. Recover on left	Forward rock
3&4	Turn 1/4 right stepping right to right side. Step left beside right. Step right 1/4 turn right (6:00)	Half shuffle
5,6	Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward	Full turn
	<i>Non-turning steps 5-6: Walk x 2</i>	
5,6	<i>Walk forward stepping left, right</i>	<i>Walk, walk</i>
7&8*	Rock forward on left. Recover on right. Step left beside right	Mambo step
<b>Section 4</b>	<b>Mambo Step, Back Mambo, Mambo Cross x 2</b>	
1&2	Rock forward on right. Recover on left. Step right beside left	Mambo step
3&4	Rock back on left. Recover on right. Step left beside right	Back mambo
5&6	Rock to side on right. Recover on left. Cross right over left	Mambo cross
7&8	Rock to side on left. Recover on right. Cross left over right	Mambo cross
<b>Section 5</b>	<b>Step Pivot 1/4 x 2, Jazz Box Cross</b>	
1-4	Step right forward. Pivot 1/4 turn left (3:00). Step right forward. Pivot 1/4 turn left (12:00)	Step, pivot, step, pivot
5-8	Cross right over left. Step left back. Step right to right side. Cross left over right	Cross, back, side, cross
<b>Section 6</b>	<b>(Point, 1/4 Close, Mambo Cross) x 2</b>	
1,2	Point right to right side. Turn 1/4 right stepping right beside left (3:00)	Point, turn
3&4	Rock to side on left. Recover on right. Cross left over right	Mambo cross
5,6	Point right to right side. Turn 1/4 right stepping right beside left (6:00)	Point, turn
7&8	Rock to side on left. Recover on right. Cross left over right	Mambo cross
<b>Section 7</b>	<b>Side, Behind, Chasse 1/4 Right, Step Pivot 3/4, Chasse Left</b>	
1,2	Step right to right side. Cross left behind right	Side, behind
3&4	Step right to right side. Step left beside right. Step right 1/4 turn right (9:00)	Right chasse turn
5,6	Step left forward. Pivot 3/4 turn right (6:00)	Step, pivot
	<i>Non-turning steps 3-6: Chasse Right, Back Rock</i>	
3&4	<i>Step right to right side. Step left beside right. Step right to right side</i>	<i>Right chasse</i>
5,6	<i>Rock back on left. Recover on right</i>	<i>Back rock</i>
7&8	Step left to left side. Step right beside left. Step left to left side	Left chasse
<b>Section 8</b>	<b>Cross Back Rock, Kick-Ball Cross, Side Rock, Sailor 1/4 Touch</b>	
1,2	Cross rock right behind left. Recover on left	Back rock
3&4	Kick right to right side. Step ball of right beside left. Cross left over right	Kick-ball cross
5,6	Rock to side on right. Recover on left	Side rock
7&8	Turn 1/4 right crossing right behind left (9:00). Step left to left side. Touch right beside left	Sailor turn
<b>Restart</b>	<b>* Wall 5 (12:00) after 24 Counts (restart facing 6:00)</b>	
<b>Ending</b>	<b>@ Wall 7 (3:00) after 8 Counts (facing 3:00)</b>	
	<b>Jazz Box 1/4 Touch</b>	
1,2	Cross right over left. Step left back	Cross, back
3,4	Turn 1/4 left stepping right back (12:00). Touch left beside right	Turn, touch

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