



Dance: **Lonely For Long**
Type: 64 Count, 2 Wall, Intermediate
Choreographer: Alison Metelnich (UK) & Peter Metelnick (UK), April 2025
Choreographed to: Lonely For Long by Zach Top (108 bpm, 3:33 min)

Intro: Start after count 16

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