

Lonely Sometimes (July 2026)

Choreographer : Ria Vos

Type of dance : 2 wall line dance

Level : High Intermediate

Counts : 32

Intro: 16 counts

[Home](#)

Music : Tell My Mama I'm Alright

Artist : Laki Rhodes

BPM : 128

[Dancevideo](#)

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Lunge, ¾ L, Lock Step, Fwd, Behind w/Hitch, Back Sweep, Behind, Side, Cross Rock

1-2 Lunge R to R Side, Recover on L Spinning ¾ Turn L Hitching R (3:00)

3&4 Step R Fwd on R Diagonal, Lock L Behind R, Step Fwd on R

8&5 Step L Fwd to L Diagonal, Lock R Behind L at the same time Hitch Rondé L

6-7& Step L Behind R Sweeping R Front to Back, Step R Behind L, Step L to L Side

8& Cross Rock R Over L, Recover on L

Sway-Sway, Side, Fall Away 3/8 L, Step, Lock, Unwind 7/8 L, Jazz Box Cross

1&2 Step and Sway R to R Side, Sway L, Big Step R to R Side Dragging L Towards R

3&4 1/8 L Step Back on L, Step Back on R, 1/8 L Step L to L Side (12:00)

8&5 1/8 L Step Fwd on R, Lock/Touch L Behind R (10:30)

6-7& Unwind on L 7/8 Turn L Sweeping R Around, Cross R Over L, Step Back on L (12:00)

8& Step R to R Side, Cross L Over R

Lean Rock, Recover w/Spiral ½ R, Walk Around ¾ R, Dip, Spiral ¾ L, Scissor Cross

1-2 Rock/Lean to R Side Angling Body L (L Toe Up), Recover on L Spiraling ½ R (6:00)

3&4& Walk Around in an Arc ¾ Turn R Stepping R-L-R-L (3:00)

5&6 Step Fwd on R, Bend Knees, Spiral ¾ L Hitching L coming Up (6:00)

7&8& Step L to L Side, Step R Next to L, Cross L Over R, Step R to R Side

1/8 L Back Sweep x2, Weave ½ L, Rock Back, ½ R, Reverse Rocking Chair

1-2 1/8 L Step Back on L Sweeping R, Step Back on R Sweeping L (4:30)

3&4& Step L Behind R, Step R to R Side, Cross L Over R, Step R to R Side

Turn ½ L in An Arc with these steps (10:30)

5-6& Rock Back on L, Recover on R (**Ending), ½ Turn R Step Back on L (4:30)

7&8& Rock Back on R, Recover on L, Rock Fwd on R, Recover on L Turning 1/8 R (6:00)

Tag: After Wall 2 (12:00) and 3 (6:00)

Lunge, Full Turn L, Weave L w/Sweep, Weave R, Side, Cross

1-2 Lunge R to R Side, Recover on L ¼ Turn L

8&3 ½ Turn L Step Back on R, ¼ Turn L Step L to L Side

4&5 Cross R Over L, Step L to L Side, Step R Behind L Sweeping L Front to Back

6&7 Step L Behind R, Step R to R Side, Cross L Over R

8& Step R to R Side, Cross L Over R

****Ending:**

After count 6 on last section (10:30) add:

& 1/8 R Step Fwd and Out on L, 7 Step Fwd and Out on R (12:00)