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
dansenbijria@gmail.com

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
&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)
&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
&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)