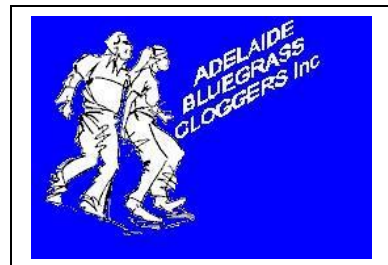


# LONELY NO MORE

Artist: Rob Thomas  
Warner Music 7567-93680-2  
Choreographer: Irmgard Huddy  
Level: Easy Advanced  
Wait: 8 Beats L foot lead



## Part A

8 Slur 'n Walk (Fwd.)  
8 Luther's Slap (Backing)

## Part B

8 Stiff Tennessee (R)  
4 Eric  
4 Scoot Buck  
16 Repeat above steps (opp. ft.wk.)

## Break

4 2 Push & Step

## Chorus

8 2 Rat Ta Tat (Move R & L)  
4 Seesaw  
4 Drag it Buck  
16 Repeat with opp. footwork

## Part A

8 Slur 'n Walk (Fwd.)  
8 Luther's Slap (Backing)

## Part B

8 Stiff Tennessee (R)  
4 Eric  
4 Scoot Buck  
16 Repeat above steps (opp. ft.wk.)

## Chorus

8 2 Rat Ta Tat (R & L)  
4 Seesaw  
4 Drag it Buck  
16 Repeat with opp. footwork

## Part A

8 Slur 'n Walk (Fwd.)  
8 Luther's Slap (Backing)

## Part C

8 Dragger Flange  
8 Tennessee Hip Hop (1/2 L)  
16 Repeat steps to face front

## Chorus

8 2 Rat Ta Tat (R & L)  
4 Seesaw  
4 Drag it Buck  
16 Repeat with opp. footwork

## Part A \*

8 Slur 'n Walk (Fwd.)  
8 Luther's Slap (3/4 R)  
48 Repeat above steps 3 times

## Step Explanations for "LONELY NO MORE"

### Slur 'n Walk:

DS TnUp TnDn(XIF) REV.SLUR F (P) S(F)R S(XIF) REV.SLUR F (P) S(F) R S TnUp  
L R R L L R L R R L R L  
&1 e&a2 e&a3 & 4 & 5 & 6 & 7 e&a8

### Luther's Slap:

DT-HOP/KICK SLAP HOP T(B)-BA H-BA H-BA/K SLAP HOP T(B)-BA H-BA H-BA/K  
L L/R R L R L R L L R L R L /R  
&a 1 e & a-2 e-& a-3 e & a-4 e-& a-5  
SLAP HOP T(B)-BA H-BA H-BA DT HOP TCH(BS)  
R L R L R L R R  
e & a-6 e-& a-7 e& a 8

# STEP EXPLANATIONS FOR "LONELY NO MORE" contd.

## Stiff Tennessee:

DS TnUp(OTS) SLAP-BA H-S TnUp(OTS) SLAP-BA H-S TnUp(OTS) SLAP-BA H-S TnDn  
 L R R L R R L R R L R  
 &1 e&a2 e-& a-3 e&a4 e-& a-5 e&a6 e-& a-7 e&a8

## Eric Step:

DS/TTCH (BK. DIAG) TTCH(B) K/BA BA(F) HIT(L Heel w R ft) BA(B) BA(F) S(F)  
 L/R R L/R L R R L R  
 &1 & 2 & a 3 & 4

## Scoot Buck:

DT SL DR S(B) HOP(B) HOP(B) R H-S  
 L R R L L L R L  
 &a 1 & 2 & 3 & a-4

## Push & Step:

(P) PUSH OFF(OTS) (P) S(XIF)  
 L L  
 & 1 & 2

## Rat Ta Tat:

DR BA(XIF) TTCH(XIB)-BA H-BA(XIF) TTCH(XIB)-BA H-BA(XIF) TTCH(XIB)-BA H-S  
 R L R L R L R L  
 & 1 e& a2 e& a3 e& a4

## See-saw:

DS TnUp TnDn(XIF) TnUp  
 L R R L  
 &1 e&a2 e&a3 e&a4

## Drag it Buck:

DS(XIF) DR R H-S DR R H-S  
 L L R L L R L  
 &1 & 2 e-& 3 & a-4

## Dragger Flange:

DS DT DT/S(XIB) S/DT S(XIF) DR R H-S DR R H-S DS(XIF)/FLGE H(FWD)/BA SL  
 L R L/R L/R R R L R L/R L/R R  
 &1 &a 2e &a 3 & 4 e-& 5 & a-6 &7 & 8

## Tennessee Hip Hop:

DS TnUp TnDn TnUp TnDn TnDn B(BK) DT-BA TCH(F) LIFT/SL  
 L R R L L R L R L L/R  
 &1 e&a2 e&a3 e&a4 e&a5 e&a6 & a7- e & 8

## Tennessee Up:

SK POP SLAP(BK) SL  
 L R L R  
 e & a 1

## Tennessee Down:

SK POP SLAP(BK) S  
 L R L L  
 e & a 1