

## FOR THE LONELY AKA: ATOMIC



*Alan G. Birchall*

**Choreographer:** Alan G. Birchall (March/May 2002) Sheet Amended 7/6/2002

**Level:** Intermediate/Advanced

**Dance:** Two-Wall Line-Dance

**Steps/Count:** 64

**Music:** Atomic - Blondie **CD:** Atomic - The Very Best Of Blondie, & Others **BPM:** 136

This Is A Song For The Lonely – Cher (Metro Radio Edit). Or **CD:** Living Proof. **BPM:** 130

**Country Alternative:** He Will Be Mine - Carlene Carter **CD:** Hindsight 20/20 **BPM:** 138

**Start: ATOMIC – After 32 Counts** (At Start Of Lyrics You Will Be On Steps 33&34)

**Start: For Other Tracks – On Lyrics.**

### STEPS

#### SIDE, TOGETHER, SIDE, CLOSE, SIDE, CROSS ROCK, RECOVER, ¼ TURN SHUFFLE

1-2 Step Right To Right, Step Left By Right

3&4 Step Right To Right, Left By Right, Right To Right

5-6 Cross Rock Left Over Right, Recover On Right

7&8 Step Left To Making ¼ Turn Left, Step Right By Left, Step Forward On Left (Facing 9 '0' Clock)

#### FULL TURN LEFT, RIGHT SHUFFLE, LEFT KICK BALL STEP, STEP, ¼ PIVOT

9-10 On Ball Of Left Make ½ Turn Left, Step Back On Right Making ½ Turn Left Step Forward on Left (Facing 9 '0' Clock)

11&12 Step Forward On Right, Step Left By Right, Step Forward On Right

13&14 Kick Forward On Left, Step Left By Right, Step Forward On Right

15-16 Step Forward On Left, ¼ Pivot Right (Facing 12 '0' Clock)

#### CROSS, ¾ TURN, STEP FORWARD, LEFT SHUFFLE, RIGHT SHUFFLE

17-18 Cross Left Over Right, Step Right To Right Making ¼ Turn Left

19-20 Continuing Turn To Left Making ½ Turn Stepping Left To Left, Step Forward On Right (Facing 3 '0' Clock)

21&22 Step Forward On Left, Step Right By Left, Step Forward On Left

23&24 Step Forward On Right, Step Left By Right, Step Forward On Right

#### LEFT KICK BALL TOUCH, HEEL SWIVELS, RIGHT KICK BALL TOUCH, HEEL SWIVELS

25&26 Kick Forward On Left, Step Left By Right, Touch Forward On Right

27-28 Swivel Both Heels To Right (Dip Down), Swivel Both Heels To Centre (Stand Up - **Weight Ends On LEFT**)

29&30 Kick Forward On Right, Step Right By Left, Touch Forward On Left

31-32 Swivel Both Heels To Left (Dip Down), Swivel Both Heels To Centre (Stand Up - **Weight Ends On LEFT**)

#### TOUCH RIGHT, TOUCH LEFT, STEP, CROSS UNWIND, ¾ SHUFFLE TURN, STEP, ½ PIVOT (1 ¾ Total Turn Left)

33& Touch Right To Right, Step Right By Left

34& Touch Left To Left, Step Down On Left (You Will Have Moved To The Left)

35-36 Cross Right Over Left, Unwind ½ Turn Left (Facing 9 '0' Clock)

37&38 Make ¾ Shuffle Turn Left Stepping Left, Right, Left (Facing 12 '0' Clock)

39-40 Step Forward On Right, ½ Pivot Left (Facing 6 '0' Clock)

#### Alternative For Steps 33&34,35&36

33&34 Cross Right Over Left, Step Left To Side Cross Right Over Left (Right Cross Shuffle)

35&36 Shuffle Forward Making ¼ Turn Left, Stepping Left, Right Left. (**Weight Ends On Right Facing 3'0'Clock**)

#### HEEL SWITCH'S, STEP ¼ PIVOT, CROSS BEHIND, LEFT HEEL JACK, CROSS, STEP, ½ TURN, STEP

41& Touch Right Heel Forward, Step Right By Left

42& Touch Left Heel Forward, Step Left By Right

43-44 Step Forward On Right Making ¼ Turn Left, Cross Left Behind Right (Facing 3 '0' Clock)

&45 Step Back On Right Diagonal, Extend Left Heel Forward

&46 Step Left By Right, Cross Right Over Left

47-48 Step Left To Left & Make ½ Pivot Right On Ball Of Left, Step Forward On Right (Facing 9 '0' Clock)

**STEP, LOCK, STEP, x2, TAP, SCOOT BACK, STEP, ROCK, RECOVER**

**49&50** Step Forward On Left, Lock Right, Step Forward On Left

**51&52** Step Forward On Right, Lock Left, Step Forward On Right

**53&** Tap Left Toe Behind Right, Raising Left Toe Scoot Back On Right

**54** Step Back On Left

**55-56** Rock Back On Right, Recover On Left

**STEP ½ PIVOT, ½ SHUFFLE TURN, ROCK, RECOVER, ¾ SHUFFLE TURN**

**57-58** Step Forward On Right, ½ Pivot Left (Facing 9 '0' Clock)

**59&60** Make ½ Shuffle Turn Left Stepping Right, Left, Right (Facing 3 '0' Clock)

**61-62** Rock Back On Left, Recover On Right

**63&64** Make ¾ Shuffle Turn Right Stepping, Left Right, Left (Facing 6 '0' Clock)

**Alternative For Steps 57&68, 59-60, 61&62**

**59&60** *Right Shuffle Forward Stepping Right Left, Right*

**61-62** *Rock Forward On Left, Recover On Right Making ¼ Pivot Right*

**63&64** *Cross Left Over Right, Step Right To Right, Cross Left Over Right (Left Cross Shuffle)*

**START AGAIN**