

LONELY HEAT

Choreographer: Kim Liebsch (Denmark)



Type of dance: 32 counts, 2 walls (Juni 2025)
Level: Improver
Music: Lonely Heat by Drew Sycamore (3:10)
Intro: 16 counts (appr. 8 sec)
 Start with weight on L foot
 (Contact: Kimliebsch on Instagram and liebsch@ymail.com)

Counts	Footwork	End facing
1 section	Cross rock, sailor ¼ turn, rock recover, sailor ½ turn	
1-2	Cross R over L, recover on L	12:00
3&4	Sweep/cross R behind L making ¼ turn R, stepping L to L side, step R to R side	3:00
5-6	Rock fw. on L, recover on R	3:00
7&8	Sweep/cross L behind R, making ½ turn L, stepping R to R side, step L to L side	9:00
2 section	Walk walk, step lock step, rock recover, back lock step	
1-2	Walk fw. R-L	9:00
3&4	Step fw. R, lock L behind R, step fw. on R	9:00
5-6	Step fw. on L, recover on R	9:00
7&8	Step back on L, lock R in front of L, step back on L	9:00
3 section	¼ turn hold, ball side touch X 2	
1-2	Make ¼ turn R stepping R to R side, hold	12:00
&3-4	Ball step L beside R, step R to R side, touch L beside R	12:00
5-6	Step L to L side, hold	12:00
&7-8	Ball step R beside L, step L to L side, touch R beside L	12:00
4 section	Kick ball point X 2, kick hitch ½ turn, kick ball step	
1&2	Kick R fw. ball step R beside L, point L to L side	12:00
3&4	Kick L fw. ball step L beside R, point R to R side	12:00
5-6	Kick R fw. hitch R while making ½ turn L	6:00
7&8	Kick R fw. ball step R beside L, step fw. on L	6:00

Good Luck & N'joy!