Absolute - Lonely Drum - AB

Level: Absolute Beginner

Choreographer: Agnethe Hansen (DK) - November 2017

Music: Lonely Drum - Aaron Goodvin : (iTunes)

Intro: 40 counts

Count: 32

Stomp forward, bounce, bounce, bounce - Stomp forward, bounce, bounce, bounce

- 1 4 Stomp forward on right, bounce right heel up and down 3 times take weight on right
- 5 8 Stomp forward on left, bounce left heel up and down 3 times take weight on left
- Restart on wall 3

Walk forward, touch - Walk forward, touch - Walk back, touch - Walk back, touch

- 1 2Walk forward on right, touch left beside right
- 3 4 Walk forward on left, touch right beside left
- 5-6 Walk back on right, touch left beside right
- 7 8 Walk back on left, touch right beside left

Slow chasse to right, touch - Slow chasse to left, touch

- 1 2 Step right to right side, step left beside right take weight on left
- 3 4 Step right to right side, touch left beside right
- 5 6 Step left to left side, step right beside left take weight on right
- 7 8 Step left to left side, touch right beside left

Step forward, hold - 1/4 turn left, hold - Step forward, hold - 1/4 turn left, Hold

- 1 2Step forward on right, Hold
- 3 4 1/4 turn left on ball, hold with weight on both feet
- 5 6 Step forward on right, hold
- 7 8 1/4 turn left on ball, hold with weight on both feet

This dance is for Absolute Beginner, you can add a Restart on wall 3, just dance the first 8 counts again.





Wall: 2