

Lonesome Rock

Count: 32

Wall: 4

Level: Improver

Choreographer: Nosmo King (UK)

Music: Lonesome Wins Again - Stacy Dean Campbell



SIDE ROCK, CROSS, SCISSOR STEP, SIDE BEHIND ¼ TURN SHUFFLE

- 1-2 Rock right to right, rock on left
- 3 Cross right over left
- 4&5 Step back on left, step right in place, cross left over right
- 6-7 Step right to right, step left behind right with ¼ turn right
- 8&1 Shuffle forward on right, left, right

FORWARD ROCK, ¾ TURN SHUFFLE, SIDE ROCK, KICK BALL CROSS

- 2-3 Rock forward on left, rock back on right
- 4&5 Turn back left ¾ on left, right, left
- 6-7 Rock right to right, rock on left
- 8&1 Kick right forward, step back on right, cross left over right

SIDE ROCK SAILOR TURN, STEP ½ TURN, CROSS SHUFFLE

- 2-3 Rock right to right, rock on left
- 4&5 Step right behind left, step on left with ¼ turn right, step on right
- 6-7 Step forward on left, step on right making ½ turn right
- 8&1 Cross left over right, step right to right, cross left over right

MONTEREY TURN, SIDE SHUFFLE, STEP FORWARD, HEELS SWIVEL

- 2-3 Touch right to right, sweep right to right making ½ turn
- 4&5 Touch left to left, step left next to right, step right to right
- 6-7 Stomp left forward, stomp right behind left
- &8 Swivel heels out, swivel heels in

REPEAT
