

Lousa

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Chrystel DURAND (FR) - October 2015

Musique: If You're Lonely Too - Jon Wolfe : (Album: Natural man)



Intro : 16 counts

[1-8] WALK WALK, SIDE ROCK, LUNGE, 1/4 TURN AND FLICK, WALK FWD, STEP LOCK STEP

- 1-2 Right step forward - Left step forward
- 3&4 Rock right to right – recover on left – Step right to right bending right knee and keeping left point to left with extended left leg
- 5-6 ¼ turn to left and recover on left with a right flick – step right forward
- 7&8 Left forward – lock right behind left – left forward 9.00

Restart here on wall 4 at 6.00

[9-16] STEP, ½ TURN, KICK BALL LARGE STEP, STEP, ¼ TURN, CROSS, PIVOT ¼ TURN x2

- 1-2 Right step forward – ½ turn to left (weight on left) 3.00
- 3&4 Right kick forward – ball right next to left – large left step forward
- 5-6 Right forward - ¼ turn to left (weight o left) 12.00
- 7&8 Cross right over left – ¼ turn to right and left back – ¼ turn to right and right to right side 6.00

[17-24] CROSS, ¼ TURN LEFT AND POINT TO RIGHT, TOUCH, POINT, TOUCH, SYNCOPATED MONTEREY TURNS

- 1-2 Cross left over right – ¼ turn to left and right point on right side 3.00
- 3&4 Right touch next to left – right point on right side – right touch next to left
- 5&6& Right point to right side – 1/4 turn to right and right next to left – Left point on left side – left next to right 6.00
- 7&8& Right point to right side – 1/4 turn to right and right next to left – Left point on left side – left next to right 9.00

[25-32] STEP FWD, ½ TURN LEFT AND LEFT HOOK, SHUFFLE FWD, MAMBO STEP FORWARD, MAMBO STEP BACK

- 1-2 Right step forward – ½ turn to left and left hook over right 3.00
- 3&4 Shuffle forward Left-right-left

Restart here on wall 6 at 12.00

- 5&6 Rock right forward – recover on left – right slightly behind
- 7&8 Rock left behind - recover on right - left slightly forward

Restarts : -

On wall 4, dance the first 8 counts and restart the dance from the beginning (at 6.00)

On wall 6, dance to the count 28 (shuffle forward) and restart the dance from the beginning (at 12.00)

Chrystel DURAND –

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