

# Lonestar Bump

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate



**Chorégraphe:** Gloria Johnson (USA)

**Musique:** No News (Dance Mix) - Lonestar

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## SHUFFLE

1&2 Shuffle forward on right, left, right

## SHUFFLE AND TURN

3&4 Shuffle forward on left, right, left turning ½ turn to the right at the same time

## SHUFFLE BACK

5&6 Shuffle backward on right, left, right

7&8 Shuffle backward on left, right, left

## HALF PADDLE TURN

9-10 Touch right heel in front and turn body to 10:00 o'clock, touching right toe down to the floor at the same time

11-12 Repeat steps 9 - 10 turning body to 8:00 o'clock

13-14 Repeat steps 9 - 10 again, turning body to 6:00 o'clock

15-16 Stomp right foot twice and clap hands at the same time

## BRUSH TURNS

17 Brush right foot forward turning body ¼ turn to the right at the same time

18 Step down on right foot

19 Brush left foot forward and turn ½ turn to the left at the same time

20 Step down on left foot

## NO NEWS STRUT

(Wag 1st finger of Right hand in front of you as if you are telling someone "No NEWS!")

21-22 Step forward on right toe, drop right heel to the floor

23-24 Step forward on left toe, drop left heel to the floor

## LONESTAR BUMPS

& Step right foot to 2 o'clock

25-26 Bump hips forward twice

27-28 Bump hips to the rear twice

& Step right foot to 5 o'clock

29-30 Bump hips to the rear twice

31-32 Bump hips forward twice

## REPEAT

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