

# Lonesome Shuffle (P)

拍数: 48      墙数: 0      级数: Partner  
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音乐: I've Been Better - Brad Paisley



Position: Sweetheart

## STEP, SLIDE, STEP, SLIDE, SHUFFLE, STOMP, STOMP

1-2            Step right forward, slide left next to right  
3-4            Repeat steps 1, 2  
5&6           Shuffle forward right  
7-8            Stomp left, right

## STEP, SLIDE, STEP, SLIDE, SHUFFLE, STOMP, STOMP

1-2            Step forward left, slide right next to left  
3-4            Repeat steps 1, 2  
5&6            Shuffle forward left  
7-8            Stomp right, left

## STEP, STEP, SHUFFLE, STEP, STEP, SHUFFLE

Release left hands, lady passes behind man under his right arm

1-2            **MAN:** Step diagonally forward to the right, cross step left behind right  
                  **LADY:** Cross step right behind left, step left to left side

The lady picks up man's left hand and releases man's right hand

3&4            **MAN:** Shuffle right in place  
                  **LADY:** Shuffle right (now lady should be on mans left side)

5-6            **MAN:** Step left, right in place  
                  **LADY:** Step left, right starting 1 full right turn (starting to place herself in front of man)

7&8            **MAN:** Shuffle left in place  
                  **LADY:** Shuffle left completing full right turn

The couple is now in a modified shadow position. Man's left hand on lady's left hip, and right hands held at shoulder level

## BUMP RIGHT HIPS (2X), BUMP LEFT HIPS (2X), BUMP HIPS RIGHT, LEFT, RIGHT, LEFT

1-2            Hip bumps to the right (2 x)  
3-4            Hip bumps to the left (2 x)  
5-8            Hip bumps right, left, right, left

## STEP, STEP, STEP, SCUFF, SHUFFLE, SHUFFLE:

Release left hands. The lady turns towards her right

1-4            **MAN:** Step right, left, right in place, scuff left  
                  **LADY:** Step right, left, right turning 1 full turn right, scuff gauche

Pick up left hand, sweetheart position (momentarily). Release left hands. Man lifts right arm and passes under his right arm while turning the lady around him

5&6            **MAN:** Shuffle left slightly diagonal forward towards the right  
                  **LADY:** Shuffle left going behind mans back

7&8            **MAN:** Shuffle right slightly diagonal backwards towards the right  
                  **LADY:** Shuffle right going towards mans left side

Pick up left hands

## SHUFFLE, SHUFFLE, STOMP, STOMP

1&2            **MAN:** Shuffle left slightly diagonal backwards towards the left

3&4      **LADY:** Shuffle left passing in front of man towards the right  
            **MAN:** Shuffle right slightly diagonal forward towards the left  
            **LADY:** Shuffle right finishing on mans right side (sweetheart position)  
5&6      Shuffle forward left  
7-8      Stomp right, left

**REPEAT**

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