

Way To Lonesome

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Pam Cassells (AUS) - April 2013
音樂: A Real Good Way to Wind Up Lonesome - James House : (Album: As Days
Gone By)



Start Position: Feet together - with weight on L foot.

Starts on vocals – 16 counts in from heavy beats. - Direction: Anti-clockwise

BACK, KICK, BACK, KICK, SLOW BACKWARD COASTER, HOLD.

1,2 Step R back, kick L forward,
3,4 Step L back, kick R forward,
5,6,7,8 Slow coaster - step R back, step L beside R, step R forward, hold,

SIDE STRUT, ROCK BACK, ROCK FWD, SIDE STRUT, ROCK BACK, ROCK FWD.

1,2 Toe/heel strut - step L toe to L side, drop weight onto L heel,
3,4 Step/rock R behind L, rock/replace weight forward on L,
5,6 Toe/heel strut - step R toe to R side, drop weight onto R heel,
7,8 Step/rock L behind R, rock/replace weight forward on R,

L FWD, BACK TAP, R BACK, KICK, SLOW BACKWARD COASTER, HOLD.

1,2 Step L forward, tap R toe behind L,
3,4 Step R back, kick L forward,
5,6,7,8 Slow coaster - step L back, step R beside L, step L forward, hold,

SLOW FWD COASTER, VINE L WITH 90° TURN L.

1,2,3,4 Slow forward coaster - step R forward, step L beside R, step R back, hold,
5,6,7,8 Vine L w/turn - step L to L side, step R behind L, turn 90 degrees L - step L forward, touch R
beside L. (9:00 wall)

Repeat Dance In New Direction

Tags: At the end of walls 6 and 9 there is a four (4) count Tag:

1,2,3,4 Step/drag R to R side, touch L beside R, step/drag L to L side, touch R beside L.

Finish: On wall 11 (back wall) - Dance to count 16 then add the following to face the front:

1,2 Step/rock L forward, rock/replace weight back on R,
3,4 Turning 180 degrees L - step L forward, step R beside L.

Dance sequence: 32, 32, 32, 32, 32, 32, 4, 32, 32, 32, 4, 32, 16 finish.

Pam Cassells – ph: 0429 640 510