Honky Tonk Delight



編舞者: Yvonne Anderson (SCO) - May 2013

音樂: A Real Good Way to Wind Up Lonesome - James House: (Album: Days Gone

By, - iTunes)



Notes: 16 count intro (22 sec), Start on Vocal,

[1-8] R, SIDE, BEHIND, HEEL-BALL-CROSS, SIDE ROCK, RECOVER, BEHIND-SIDE-FORWARD

1-2 Step R to right, Step L behind right [12]

3&4 Touch R heel Forward, (&) Step ball of R beside left, Step L across right [12]

*** Restart during wall 5 facing 12 o'clock***

5-6 Rock R to right, Recover weight on L [12]

7&8 Step R behind left, (&) Step L to left, Step R slightly forward [12]

[9-16] WALK FORWARD L&R, STEP-LOCK-STEP, ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

1-2 Walk forward L, R [12]

(for a harder alternate, try a two-step full turn right travelling forward)

3&4 Step L forward (&) Lock R behind left, Step L forward [12]

5-8 Rock R forward, Recover weight on L, Rock R back, Recover weight on L [12]

[17-24] R HEEL GRIND 1/4 RIGHT, COASTER STEP, STEP 1/4 RIGHT, CROSS SHUFFLE

Touch R heel forward, Grind ¼ turn right taking weight on L [3]
Step R back, (&) Step L beside right, Step R forward [3]
Step L forward, Make ¼ turn right taking weight on R [6]
Step L across right, (&) Step R to right, Step L across right [6]

[25-32] TURN 1/4 R and SHUFFLE FORWARD, 3/4 TURN RIGHT, CROSS, POINT, POINT, HITCH with 1/4 LEFT

1&2 Make a ¼ turn right and shuffle forward stepping R.L.R [9]

3-4 Make ½ turn right stepping L back, Make ¼ turn right stepping R to right [6]

5-6 Step L across right, Point R toes to right [6]

&7-8 (&) Step R beside left, Point L toes to left, Make ½ turn left hitching L foot across right shin [3]

[33-40] SHUFFLE FORWARD, SYNCOPATED CROSS ROCKS R & L, ROCK BACK, RECOVER

1&2 Shuffle forward stepping L, R, L [3]3-4 Rock R across left, Recover [3]

&5-6 (&) Step R beside left, Rock L across right, Recover [3]
7-8 Rock L back and look back, Recover (preparing to turn) [3]

[41-48] ½ TURN SHUFFLE X 2, JAZZ BOX with TOUCH

1&2 Make ½ turn right stepping L,R,L [9] 3&4 Make ½ turn right stepping R,L,R [3]

5-8 Step L across right, Step R back, Step L to left, Touch R toes beside left [3]

[49-56] KICK-BALL STEP X 2 (travels forward), STEP ½ TURN LEFT, SHUFFLE

1&2 Kick R forward, (&) Step ball of R beside left, Step L slightly forward [3] 3&4 Kick R forward, (&) Step ball of R beside left, Step L slightly forward [3]

5-6 Step R forward, Make ½ turn left taking weight on L [9]

7&8 Shuffle forward stepping R,L,R [9]

[57-64] TWO STEP FULL TURN, SHUFFLE, OUT-OUT, IN-IN X 2 WITH 1/4 TURN LEFT

1-2 Make ½ turn right stepping L back, Make ½ turn right stepping R forward [9]

3&4 Shuffle forward stepping L,R,L [9]

(for a harder alternate, try a full triple turn right travelling forward)

&5&6 (&) Step R to right, Step L to left, (&) Step R to centre, Step L to centre [9]

&7&8 (&) Make ¼ turn left stepping R to right, Step L to left, (&) Step R to centre, Step L to centre

[6]

REPEAT

Restart: during wall 5 facing 12 o'clock,

Dance finishes facing 12 o'clock