

Lonesome

拍數: 64 牆數: 4 級數: Improver
編舞者: Debbie Ellis (ES) - June 2013
音樂: Oh Lonesome Me by Red Strokes



Alt. Music: Oh Lonesome me by Kentucky Headhunters (album- Pickin' on Nashville)

Intro - Start on vocals

Side, Touch, Side, Touch, Side, Close, Side, Touch.

- 1 - 2 Step Right to Right side, touch Left beside Right.
- 3 - 4 Step Left to Left side, touch Right beside Left.
- 5 - 8 Step Right to Right side, close Left beside Right, step Right to Right side, touch Left beside Right.

Side, Touch, Side, Touch, Side, Close, ¼ Turn, Hold.

- 1 - 2 Step Left to Left side, touch Right beside Left.
- 3 - 4 Step Right to Right side, touch Left beside Right.
- 5 - 8 Step Left to Left side, close Right beside Left, step Left forward making a ¼ turn Left, HOLD.

Heel, Hook, Heel, Flick, Lock Step Forward, Hold.

- 1 - 2 Touch Right heel forward, hook Right over Left.
- 3 - 4 Touch Right heel forward, flick Right foot back.
- 5 - 8 Step Right forward, lock Left behind Right, step Right forward, HOLD.

Mambo Forward, Hold, Lock Step Back, Hold.

- 1 - 4 Rock forward on Left, Recover on Right, step Left in place, HOLD.
- 5 - 8 Step Right Back, Lock Left over Right, step Right back, HOLD.*

Back Rock ½ Turn, Hold, Coaster Step, Hold.

- 1 - 4 Rock back on Left, Recover on Right, make a ½ turn Right stepping Left back, HOLD.
- 5 - 8 Step back on Right, close Left beside Right, step Right forward, HOLD.

Out, Hold, Out, Hold, Heel Swivels.

- 1 - 4 Step Left out to Left diagonal, HOLD, step Right out to Right diagonal, HOLD.
- 5 - 8 Swivel both heels in, swivel both toes in, swivel both heels in, HOLD.

Right Scissor Step, ¼ Turn x2 Cross.

- 1 - 4 Rock Right to Right side, Recover on Left, cross Right over Left, HOLD.
- 5 - 8 Make a ¼ turn Right stepping back on Left, make a ¼ turn Right stepping Right to Right side, cross Left over Right, HOLD.

Right Scissor Step, Left Scissor Step.

- 1 - 4 Rock Right to Right side, Recover on Left, cross Right over Left, HOLD.
- 5 - 8 Rock Left to Left side, Recover on Right, cross Left over Right, HOLD.

Tag/Restart*

During wall 5 change counts 29 – 32 to this:

Mambo Back ,Touch.

- 1 - 4 Rock back on Right, Recover on Left, Touch Right beside Left, ready to restart dance. (facing 9:00).

(Free download available at www.redstrokes.co.uk)

