

Lonesome Time

Compte: 32

Mur: 4

Niveau: Beginner Cha Cha



Chorégraphe: Katarina Sherrina (INA) - July 2021

Musique: Blue Bayou - Lisa Del Bo

Intro : 16 Count - No Tag - No Restart

S1. WALK FORWARD (RIGHT-LEFT-RIGHT), FORWARD LOCK SHUFFLE, FORWARD ROCK, RECOVER, BACK , TOGETHER

- 123 Walk forward R (1), L (2), R (3)
4&5 Step LF forward (4), Lock RF behind L (&), Step LF forward (5)
6-7 Rock RF forward (6), Recover on LF (7)
8& Step LF back (8), Step LF next to R (&)

S2. CROSS ROCK, RECOVER, RIGHT CHASSE WITH ¼ RIGHT, ½ RIGHT BACK LOCK SHUFFLE, ROCK, RECOVER

- 1-2 Cross Rock RF over LF (1), Recover on LF (2)
3&4 Step Rf to side (3), Step LF next to RF (&), Make ¼ R turn step Rf forward (4)
5&6 Make ½ R turn step LF back (5), Cross RF over LF (&), Step LF back (6)
7-8 Rock RF back (7), Recover on LF (8)

S3. MODIFIED RUMBA BOX

- 1-2 Step RF to side (1) , Step LF next to RF (2)
3&4 Step RF forward (3), Lock LF behind RF (&), Step Rf forward (4)
5-6 Step LF to side (5), Step RF next to L (6)
7&8 Step LF forward (7), Lock RF behind LF (&), Step LF forward (8)

S4. PIVOT ¼ LEFT, PIVOT ½ LEFT, JAZZ BOX

- 1-4 Step RF forward (1), Pivot ¼ L turn (2), Step RF forward (3), Pivot ¼ L turn (4)
5-8 Cross RF over LF (5), Step L back (6), Step R to side (7), Step L forward (8)

Enjoy The Dance & Have Fun

For more information about this dance please contact me at : ksherrina@ymail.com