

Lonely And Blue

Compte: 40

Mur: 4

Niveau: Improver

Chorégraphe: Pam Dailey (USA)

Musique: Lonely and Blue - Ronnie Beard



CROSS TOE STRUT, TOE STRUT ¼ TURN ½ TURN ¼ TURN RIGHT

- 1-2 Step left foot (toe /ball) over right, place left heel down
- 3-4 Step right foot (toe/ball) to right side, place right heel down
- 5-6 Step left over right making ¼ turn to right, turn ½ turn to right place weight on right foot for count 6
- 7-8 Step left toe forward turning ¼ to right place left heel down for count 8 (you are back facing starting wall)

RIGHT TOE HEEL CROSS TOE STRUT, LEFT TOE HEEL CROSS TOE STRUT

- 1-2 Place right toe by left instep, then right heel
- 3-4 Step right (toe/ball) over left, step heel down
- 4-5 Place left toe by right instep, then left heel
- 7-8 Step left (toe/ball) over right, step heel down

RIGHT SIDE SHUFFLE, ROCK STEP, LEFT SIDE SHUFFLE, ROCK STEP

- 1&2 Step right to right, step on left, step right
- 3-4 Rock back on left, forward on right
- 5&6 Step left to left, step on right, step left
- 7-8 Rock back on right, forward on left

STEP ¼ TURN, STEP ½ TURN

- 1-2 Step right toe forward, place heel down
- 3-4 Step left toe ¼ turn to left, place heel down
- 5-6 Step right toe forward, place heel down
- 7-8 Stepping ½ turn to left on left toe, place heel down

You should be facing 3:00:00 from beginning wall

HIP ROLLS, STEP TOE SLIDE, STEP TOE SLIDE STEP

- 1-2 With left foot slightly forward rolling hips forward and back
- 3-4 With left foot slightly forward rolling hips forward and back
- 5-6 Step left forward, slide right toe beside taking weight
- 7-8 Step left forward, slide right beside stepping down

REPEAT

OPTIONAL:

Dance will end the third time you face starting wall. Music will slow down while you are executing counts 9-16 (the toe heel crosses). Repeat the toe heel crosses for counts 17-24. Then do the following:

8 COUNT FULL TURN

- 1-2 Step forward on right
- 3-4 Then turn ½ turn to left with weight on left
- 5-6 Step forward on right
- 7-8 Turn ½ left shifting weight forward on left foot
- 9-16 Repeat (8 count full turn again)

LAST 4 COUNTS (HIP ROLLS)

Your left foot will be forward

1-3
&4

Roll hips forward, back, forward
Roll hips back twice
