

Old Lonesome

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Improver
编舞者: Margaret Swift (UK) - July 2015
音乐: Lonesome Wins Again - Stacy Dean Campbell : (Album: Lonesome Wins Again)



Intro: □ 16 Counts (Starts on Vocals) (9 Secs)

Section 1: □ Chasse Right. Rock Back Recover. Step Touch. Kickball Touch

1 & 2 Step right to right side. Close left next to right. Step right to right side.
3 – 4 Rock back on left. Recover on right.
5 – 6 Step left to left side. Touch right next to left.
7 & 8 Kick right forward. Close right next to left. Touch left next to right.

Section 2: □ Chasse Left. Rock Back Recover. Step Touch. Kickball Change.

1 & 2 Step left to left side. Close right next to left. Step left to left side.
3 – 4 Rock back on right. Recover on left.
5 – 6 Step right to right side. Touch left next to right.
7 & 8 Kick left forward. Close left next to right. Close right next to left.

Section 3: □ Hip Bumps Forward. Hip Bumps Turn. Left Sailor Step. Right Sailor Step.

1 & 2 Step forward on left. Bump hips Left, Right. Left.
3 & 4 Turn ¼ left stepping right to right side bumping hips. Right. Left. Right.
5 & 6 Cross left behind right. Step right to right side. Step left in place.
7 & 8 Cross right behind left. Step left to left side. Step right in place.

Section 4: □ Touch Unwind. Cross Shuffle. Monteray ¼ Turn.

1 – 2 Touch left behind right. Unwind ¼ turn left.
3 & 4 Cross right over left. Step left to left side. Cross right over left.
5 – 6 Point left to left side. Turn ¼ left stepping left beside right.
7 – 8 Point right to right side. Cross right over left.

Section 5: □ Heel Ball Cross x 2. Turn ¼ Step Back. Coaster Step.

1 & 2 Left heel forward. Close left next to right. Cross right over left.
3 & 4 Left heel forward. Close left next to right. Cross right over left.
5 – 6 Turn ¼ right stepping back on left. Step back on right.
7 & 8 Step back on left. Close right next to left. Step forward on left.

Section 6: □ Heel Ball Cross x 2. Kick Forward Side. Turning Coaster.

1 & 2 Right heel forward. Close right next to left. Cross left over right.
3 & 4 Right heel forward. Close right next to left. Cross left over right.
5 – 6 Kick right forward. Kick right to right side.
7 & 8 Turn ¼ right stepping back on right. Close left next to right. Step forward on right.

Section 7: □ Cross Point x 2. Jazzbox ¼ Turn. Touch.

1 – 2 Cross left over right. Point right to right side.
3 – 4 Cross right over left. Point left to left side.
5 – 6 Cross left over right. Step back on right.
7 – 8 Turn ¼ left stepping left to left side. Touch right next to left.

Section 8: □ Right Side. Hold. & Side Touch. Left Side. Hold & Side Touch.

1 – 2 Step right to right side. Hold.
& 3 4 Close left next to right. Step right to right side. Touch left next to right.

5 – 6
& 7 8

Step left to left side. Hold.

Close right next to left. Step left to left side. Touch right next to left.
