Lonesome

拍数: 32

级数: Beginner

编舞者: Guylaine Bourdages (CAN) - June 2017

音乐: Lonesome - Doug Adkins : (Album: Single)

墙数:4



Intro: 16 counts

[1-8] (Basic Chacha to the right) RF to Right, LF rock Step Forward, Chassé to the left (LRL), RF Rock Step back

- 1-3 RF to Right, Rock Step LF forward, Recover on RF
- 4&5 Chassé to Left (LF to Left, RF besideLF, LF to Left)
- 6-7 Rock Step RF Back, Recover on LF

[9-16] Lock Step forward (RLR), LF Rock Step Forward, Triple Step (LRL), RF Rock Step Back

- (Lock Step forward RLR) RF Forward, Lock LF behind RF, LF forward) 8&1
- 2-3 Rock Step LF forward, Recover on RF
- Triple Step On Place (LRL) 4&5
- Rock Step RF Back, Recover on LF 6-7

[17-24] Lock Step Forward (RLR), LF Step Turn 1/4R, Cross Shuffle (GDG), Side, Behind

- 8&1 (Lock Step forward RLR) RF Forward, Lock LF behind RF, LF forward)
- 2-3 LF Forward, 1/4R transfer weight on RF (3H)
- 4&5 LF cross in front of RF, RF to Right, LF cross in front of RF
- 6-7 RF to Right, LF cross Behind RF

[25-32] Chassé to the Right, (LF) Cross Rock Step, Chassé to The Left, Cross, Side Touch

- Chassé to Right (RF to Left, LF beside RF, RF to Right) 8&1
- 2-3 Rock Step LF cross in Front of RF, Recover on RF
- Chassé to Left (LF to Left, RF besideLF, LF to Left) 4&5
- 6-7 RF cross in front of LF, LF to Left
- Touch RF beside LF 8

Have Fun and Smileeee

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