

Wind Up Lonesome

COPPERKNOB
STEPPERS

拍数: 32 墙数: 1 级数: Absolute Beginner
编舞者: Noreen Wall (UK) - October 2020
音乐: A Real Good Way to Wind Up Lonesome - James House



Section 1: Right grapevine, side touches ,left, right

1-2 Step right foot to right side (1) step left foot behind right foot (2)
3-4 step right foot to right side (3) touch left toe beside right foot (4)
5-6 side touches. Step left foot to left side (5) touch right toe beside left foot (6)
7-8 step right foot to right side (7) touch left toe beside right foot (8)

Section 2: Left grapevine, side touches right, left.

1-2 Step left foot to left side (1) step right foot behind left foot (2)
3-4 Step left foot to left side (3) touch right toe next to left foot (4)
5-6 side touches. step right foot to right side (5) touch left toe next to right foot (6)
7-8 step left foot to left side (7) touch right toe next to left foot (8)

Section 3: walk forward R,L,R, kick left foot forward , walk back L,R L, replace right foot beside left.

1-2 walk forward right foot (1) walk forward Left foot (2)
3-4 walk forward right foot (3) kick left foot forward (4)
5-6 walk back left foot (5) walk back right foot (6)
7-8 walk back left foot (7) replace right foot next to left (8)

Section 4: swivel to the right, heels, toes, heels, clap. Swivel to the left, heels, toes, heels, clap.

1-2 swivel both heels to the right side (1) swivel both toes to the right side (2)
3-4 swivel both heels to the right side (3) clap hands (4)
5-6 swivel both heels to the left (5) swivel both toes to the left side (6)
7-8 swivel both heels to the left side (7) clap hands (8)

There are 2 easy little Tags in the dance.

They both come after the music changes at the end of 5th wall and 10th wall.

You do 2 side touches at the end of section 4. Step to the right side, touch left toe beside right, step to the left side touch right toe beside left, then start the dance.