

# Lonesome Mama Blues

COPPER KNOB  
STEPPERS

拍数: 64      墙数: 4      级数: Improver  
编舞者: Karen Fishback (USA)  
音乐: Lonesome Mama Blues - Firehouse Five Plus Two



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## TOE HEEL STRUTS, RIGHT, LEFT, FORWARD COASTER

1-4            Step forward on right toe, drop heel, repeat left  
5-8            Step forward on right, put left beside right, step back on right, hold

## BACK COASTER, HALF PIVOT, STEP, HOLD

1-4            Step back on left, beside with right, forward on left, hold  
5-8            Step forward on right and turn  $\frac{1}{2}$ , step beside on right, hold

## HEEL SPLIT, SIDE TOUCH (2 TIMES)

1-4            Split heels out, in, point right toe out, step in  
5-8            Repeat to left

## CHARLESTON

1-2            Rock back on right, recover  
3-4            Kick forward with right, replace  
5-6            Kick forward with left, hold  
7-8            Step behind with left (toe, heel)

## SIDE STEP QUARTER TURNS

1-4            Step right to right, step left together, step right turning  $\frac{1}{4}$  to right, hold  
5-8            Step left turning  $\frac{1}{4}$  to right, step right together, step left turning  $\frac{1}{4}$  to left, hold  
1-4            Step right turning  $\frac{1}{4}$  to left, step left together, step right turning  $\frac{1}{4}$  right, hold  
5-8            Repeat 5-8 above

## WALK BACK, KICK, (2 TIMES)

1-4            Walk back 3 steps, right, left, right, kick with left  
5-8            Repeat starting with left

## SHIMMY RIGHT (2 TIMES)

1-4            Step right to right, drag left beside (shimmy as you like)  
5-8            Repeat

## REPEAT

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