

Lonesome Me

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ann Napier (NZ)
音乐: Oh Lonesome Me - The Kentucky Headhunters



FORWARD & SIDE KICKS

- 1-4 Kick right foot forward twice, kick right foot to right side twice
5-8 Kick right foot forward, kick right foot to right side, kick right foot forward twice
& Bring right foot back to place
9-16 Repeat counts 1-8 on left side

ROCK STEPS AND ¼ PIVOT TURNS

- 17-20 Rock back on left foot, rock forward on right foot, step forward on left, pivot ¼ turn right
(weight ends on right)
21-24 Repeat counts 17-20

HEEL GRINDS, STOMP

- 25-26 Touch left heel forward (toe points to 1:00), swivel toe to 11:00 as you put toe down and take
weight on left foot
27-28 Touch right heel forward (toe points to 11:00), swivel toe to 1:00 as you put toe down and
take the weight on right foot
29-30 Repeat counts 25, 26
31-32 Stomp right foot in place, hold for 1 beat

DWIGHT STEP WITH HOLDS, DWIGHT STEP TRAVELING RIGHT

- 33-34 Swivel left heel to right, at same time touch right toe beside left foot, hold
35-36 Swivel left toe to right, at same time touch right heel forward, hold
37 Swivel left heel to the right, at same time touch right toe beside left foot
38 Swivel left toe to the right, at the same time touch right heel forward
39-40 Repeat counts 37-38

WEAVING GRAPEVINE TO THE LEFT

- 41-42 Cross right foot over left foot, step left foot to left side
43-44 Cross right foot behind left foot, step left to left side
45-48 Repeat counts 41-44

TURNING HEEL STRUTS TRAVELING RIGHT (1 ½ TURNS)

- 49-56 Right heel strut, left heel strut, right heel strut, left heel strut, making 1 ½ turns to the right

STEP ½ PIVOT TURN, STEP ¼ PIVOT TURN, CROSS ROCK, ½ TURN, STOMP

- 57-58 Step forward on right foot, ½ pivot turn to left
59-60 Step forward on right foot, ¼ pivot turn to left
61-62 Cross rock right over left, rock back on left
63-64 Turn ½ turn over right shoulder stepping forward on right foot, stomp left foot in place (taking
weight)

REPEAT
