

# Ol' Lonesome

拍数: 32                      墙数: 2                      级数: Improver  
编舞者: Marja Hamunen  
音乐: Oh Lonesome - Danni Leigh



## CROSS, BEHIND, RIGHT SIDE SHUFFLE, CROSS, BEHIND, LEFT SIDE SHUFFLE

1-2                      Step right across left, step left behind right  
3&4                      Step right to right side, step left together, step right to right side  
5-6                      Step left across right, step right behind left  
7&8                      Step left to left side, step right together, step left to left side

## RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, ROCK FORWARD

1&2                      Step right forward, step left together, step right forward  
3&4                      Step left forward, step right together, step left forward  
5-6                      Rock forward on right, recover weight on left

## 1 ½ STEP TURN RIGHT MOVING FORWARD (RIGHT-LEFT-RIGHT), STEP FORWARD

1-3                      Turn ½ right and step right forward, turn ½ right and step left back, turn ½ right and step right forward  
4                      Step left forward

**Alternative for 1 ½ turn: if you don't like to spin, you can turn ½ right on first step and then just step forward left, right without turning**

## KICK, KICK, SAILOR STEP, KICK, KICK, SAILOR STEP

1-2                      Kick right across left, kick right to right side  
3&4                      Step right behind left, step left to left side, step right to right side  
5-6                      Kick left across right, kick left to left side  
7&8                      Step left behind right, step right to right side, step left to left side

## ROCK FORWARD, ROCK BACK, HIP ROLL

1-2                      Rock forward on right, recover weight on left  
3-4                      Rock back on right, recover weight on left  
5-6                      Roll hips to the right from left to right and bend your right knee as you do hip roll (weight stays on left)

## REPEAT

## TAGS

**Walls 4 and 8: on music there is extra 8 counts. You will do the whole dance and add 8 counts**

## ROCK FORWARD, ROCK BACK, 2 HIP BUMPS, HOLD FOR 2 COUNTS

1-2                      Rock forward on right, recover weight on left  
3-4                      Rock back on right, recover weight on left  
5-6                      Bump hips right, bump hips left with attitude!  
7-8                      Hold

## ENDING

**After second tag you will dance two walls normally. Then you will do the first 18 counts and end the dance with these 6 counts**

## KICK, STEP, STEP, 2 HIP BUMPS

1&2                      Kick right forward, step right to right side, step left to left side  
3-4                      Bump hips right, bump hips left with attitude

