

Lonesome Flats

拍數: 68 牆數: 4 級數: Intermediate
編舞者: Audrey Flament (FR) & Rob Fowler (ES) - August 2020
音樂: Leaving Lonesome Flats - Dierks Bentley : (from Trolls World Tour)



Intro: 16 counts (approx. 8 secs)

S1: R Dorothy, L Dorothy, Step R, Pivot ¼ Turn L, Cross Shuffle

1,2& Step R diagonally forward R, lock L behind R, step R diagonally forward R
3,4& Step L diagonally forward L, lock R behind L, step L diagonally forward L
5,6 Step forward R, pivot ¼ turn L
7&8 Cross R over L, step L to L side, cross R over L 9:00

S2: ¼ Turn R, ¼ Turn R, Cross Shuffle, Step R, Pivot ¼ Turn L, R Kick Out Out

1,2 Make ¼ turn R stepping back L, make ¼ turn R stepping R to R side 3:00
3&4 Cross L over R, step R to R side, cross L over R
5,6 Step R to R side, pivot ¼ turn L
7&8 Kick R forward, step R to R side, step L to L side (shoulder-width apart) 12:00

S3: Heel Twists, Both Heels L, Both Heels R with ¼ Turn L, Step R, Pivot ½ Turn L

1,2 Twist R heel to L, twist R heel back to centre
3,4 Twist L heel to R, twist L heel back to centre
5,6 Twist both heels L, twist both heels R making ¼ turn L (weight on L) 9:00
7,8 Step forward R, pivot ½ turn L 3:00

S4: Jazzbox with Hands Brush, Heel Grind ¼ Turn R, Step R, Switches L&R, Hitch

1,2,3,4 Cross R over L, step back L, step R to R side, step forward L (option: you can brush hands on hips during jazzbox)

RESTART 1: During Wall 3 – see note below*

5,6 Rock fwd R heel twisting R toe from L to R making ¼ turn R, recover back on L 6:00
&7&8& Step R next to L, point L to L side, step L next to R, point R to R side, hitch R

RESTART 3: For Wall 7 – see note below***

S5: Slow Rocking Chair, Heel Switches R-L-R, Hold

1,2 Rock forward R, recover on L
3,4 Rock back R, recover on L
5&6& Touch R heel forward, step R next to L, touch L heel forward, step L next to R
7,8 Touch R heel forward, hold 6:00

RESTART 2: During Wall 4 – see note below**

S6: R Coaster, L Shuffle, Step R, Twist, Twist, Kick

1&2 Step back R, step L next to R, step forward R
3&4 Step forward L, step R next to L, step forward L
5,6,7,8 Step forward R, twist ½ turn L, twist ½ turn R (weight on L), kick R forward 6:00

S7: R Coaster, Step L, Pivot ½ Turn R, Full Turn R, Step, Hold & Clap

1&2 Step back R, step L next to R, step forward R
3,4 Step forward L, pivot ½ turn R
5,6,7,8 Make ½ turn R stepping back L, make ½ turn R stepping forward R, step forward L, hold and clap 12:00

S8: Step R, Pivot ½ Turn L, R Shuffle, Rock, Recover, Sailor ¼ Turn L

1,2 Step forward R, pivot ½ turn L 6:00
3&4 Step forward R, step L next to R, step forward R
5,6 Rock forward L, recover on R
7&8 Cross L behind R making ¼ turn L, step R to R side, step L to L side 3:00

S9: R Kick Ball Step, Step R, Pivot ½ Turn L

1&2 Kick R forward, step R next to L, step forward L
3,4 Step forward R, pivot ½ turn L 9:00

Start Over

***RESTART 1: During Wall 3, dance up to and including count 28 then RESTART at 9:00**

****RESTART 2: During Wall 4, dance up to and including count 40 then RESTART at 3:00**

*****RESTART 3: For Wall 7 (which starts facing 9:00) – omit the first 4 sections, so RESTART from Section 5**
