

Oh, Lonesome Me

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 2 級數: Improver - Contra
編舞者: Marianne Langagne (FR) & Isabelle Outters (FR) - 25 August 2024
音樂: Oh, Lonesome Me - Tanya Tucker
或: East Bound and Down - Jerry Reed



Intro

: 8 Counts – Start on the lyrics for « Oh Lonesome Me »

: 16 Counts for « East Bound and Down »

Dance specially written for a demonstration

- The dancers stand face to face in a staggered pattern

[1 à 8] TAP R HEEL TWICE, BEHIND SIDE CROSS, TAP L HEEL TWICE, BEHIND SIDE CROSS

1 – 2 Tap Heel R X 2 Slightly Diagonally Towards R
3 & 4 Cross RF behind LF, LF to the L, Cross RF over LF
5 – 6 Tap Heel L X 2 Slightly Diagonally Towards L
7 & 8 Cross LF behind RF, RF to the R, Cross LF over RF

[9 à 16] TRIPLE STEP FWD, TRIPLE STEP FWD, STEP ½ TURN L TWICE

1 & 2 RF Fwd, Together, RF Fwd
3 & 4 LF Fwd, Together, LF Fwd
5 – 6 RF Fwd, ½ Turn L (weight on LF) (6.00)
7 – 8 RF Fwd, ½ Turn L (weight on L F) (12.00)

[17 à 24] KICK BALL STEP TWICE, STEP ½ TURN L, STOMP, CLAP TWICE

1 & 2 Kick RF, Together, LF Fwd
3 & 4 Kick RF, Together, LF Fwd
5 – 6 RF Fwd, ½ Turn L (weight on LF) (6.00)
7 & 8 Stomp RF next to LF, Clap X 2 by switching to LF support

[25 à 32] VAUDEVILLE, HEEL SWITCHES & BRUSH, HITCH, STOMP UP

1 & 2 & Cross RF Over LF, LF to the L, Heel R Diagonally Towards R, Together
3 & 4 & Cross LF over RF, RF to the R, Heel L Diagonally Towards L, Together
5 & 6 Heel R Fwd, Together, Heel L Fwd
& 7 LF Fwd, Brush
& 8 Hitch R, Stomp up RF next to LF

Dance and Have Fun !!!!