

# Lonesome Shuffle (P)

拍數: 48      牆數: 0      級數: Partner  
編舞者: Mariette Villeneuve (CAN) & Jean-Marc Villeneuve (CAN)  
音樂: I've Been Better - Brad Paisley



Position: Sweetheart

## STEP, SLIDE, STEP, SLIDE, SHUFFLE, STOMP, STOMP

1-2            Step right forward, slide left next to right  
3-4            Repeat steps 1, 2  
5&6           Shuffle forward right  
7-8            Stomp left, right

## STEP, SLIDE, STEP, SLIDE, SHUFFLE, STOMP, STOMP

1-2            Step forward left, slide right next to left  
3-4            Repeat steps 1, 2  
5&6            Shuffle forward left  
7-8            Stomp right, left

## STEP, STEP, SHUFFLE, STEP, STEP, SHUFFLE

**Release left hands, lady passes behind man under his right arm**

1-2            **MAN:** Step diagonally forward to the right, cross step left behind right  
                 **LADY:** Cross step right behind left, step left to left side

**The lady picks up man's left hand and releases man's right hand**

3&4            **MAN:** Shuffle right in place  
                 **LADY:** Shuffle right (now lady should be on mans left side)

5-6            **MAN:** Step left, right in place  
                 **LADY:** Step left, right starting 1 full right turn (starting to place herself in front of man)

7&8            **MAN:** Shuffle left in place  
                 **LADY:** Shuffle left completing full right turn

**The couple is now in a modified shadow position. Man's left hand on lady's left hip, and right hands held at shoulder level**

## BUMP RIGHT HIPS (2X), BUMP LEFT HIPS (2X), BUMP HIPS RIGHT, LEFT, RIGHT, LEFT

1-2            Hip bumps to the right (2 x)  
3-4            Hip bumps to the left (2 x)  
5-8            Hip bumps right, left, right, left

## STEP, STEP, STEP, SCUFF, SHUFFLE, SHUFFLE:

**Release left hands. The lady turns towards her right**

1-4            **MAN:** Step right, left, right in place, scuff left  
                 **LADY:** Step right, left, right turning 1 full turn right, scuff gauche

**Pick up left hand, sweetheart position (momentarily). Release left hands. Man lifts right arm and passes under his right arm while turning the lady around him**

5&6            **MAN:** Shuffle left slightly diagonal forward towards the right  
                 **LADY:** Shuffle left going behind mans back

7&8            **MAN:** Shuffle right slightly diagonal backwards towards the right  
                 **LADY:** Shuffle right going towards mans left side

**Pick up left hands**

## SHUFFLE, SHUFFLE, STOMP, STOMP

1&2            **MAN:** Shuffle left slightly diagonal backwards towards the left

3&4      **LADY:** Shuffle left passing in front of man towards the right  
          **MAN:** Shuffle right slightly diagonal forward towards the left  
          **LADY:** Shuffle right finishing on mans right side (sweetheart position)  
5&6      Shuffle forward left  
7-8      Stomp right, left

**REPEAT**

---