

Lonesome U

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Ros Brander-Stephenson (UK)
音樂: Oh Lonesome - Danni Leigh



- 1&2 Sideways shuffle to right on right left right
3-4 Rock left behind right, recover weight on to right
5&6 Sideways shuffle to left on left right left
7-8 Rock right behind left, recover weight on to left
- 9-10 Rock forward on right, as you recover back onto left, make ½
11&12 Triple step in place on right left right
13-14 Rock forward on left, recover back on right
15&16 Coaster step on left right left
- 17&18 Sideways shuffle to right on right left right
19-20 Repeat steps 3-4
21-24 Repeat steps 5-8
- 25-32 Repeat steps 9~16
- 33-34 Touch right heel to floor in front, touch right heel to right side
35-36 Triple step in place on right left right
37-38 Touch left heel to floor in front make ¼ turn left as heel touches floor again
39-40 Triple step in place on left right left
- 41-42 Touch right heel to floor in front, make ¼ turn right as heel touches floor again
43&44 Triple step in place on right left right
45-46 Touch left heel to floor in front, touch left heel to left side
47&48 Triple step in place on left right left
- 49-50 Touch right toe out to right side. Bring right next to left while making ¼ turn right
51-52 Touch left out to left side, bring left next to right.
53-56 Repeats steps 49-52 (now at rear wall)
- 57-60 Cross right over front of left, step left back, step right to right side, scuff left
61-64 Cross left over front of right, step right back, step left to left side, scuff right

REPEAT

TAG

The following steps are only added at the front wall

- 65-68 Repeat steps 57-60
69-72 Repeat steps 61-64