

Ol' Lonesome

拍數: 32 牆數: 2 級數: Improver
編舞者: Marja Hamunen
音樂: 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

