

# Lonesome

拍數: 32      牆數: 4      級數: Improver - 2S  
編舞者: Niels Poulsen (DK) - March 2012  
音樂: You're Gonna Make Me Lonesome When You Go - Miley Cyrus



**Intro: 16 counts from first beat in music (app. 10 secs into track). Start with weight on L foot**

**[1 – 8] Rock R fw, shuffle ½ R, rock L fw, triple ¾ cross L**

1 – 2      Rock fw on R (1), recover weight back on L (2) 12:00  
3&4      Turn ¼ R stepping R to R side (3), step L next to R (&), turn ¼ R stepping fw on R (4) 6:00  
5 – 6      Rock fw on L (5), recover weight back on R (6) 6:00  
7&8      Turn ½ L stepping fw on L (7), step R next to L (&), turn ¼ L on R crossing L over R (8) 9:00

**[9 – 16] R side rock, behind side cross, L side rock, ¼ L into L coaster step**

1 – 2      Rock R to R side (1), recover weight on L (2) 9:00  
3&4      Cross R behind L (3), step L to L side (&), cross R over L (4) 9:00  
5 – 6      Rock L to L side (5), recover weight on R (6) 9:00  
7&8      Turn ¼ L stepping back on L (7), step R next to L (&), step fw on L (8) \* Restart here 6:00

**[17 – 24] Rock R fw, R back lock step, L full turn, L coaster step**

1 – 2      Rock fw on R (1), recover weight back on L (2) 6:00  
3&4      Step back on R opening body slightly to R side (3), lock L over R (&), step back on R (4)

**Note that body should still be turned slightly to R side to help prepare your next turn... 6:00**

5 – 6      Turn ½ L stepping fw on L (5), turn ½ L stepping back on R (6) 6:00  
7&8      Step back on L (7), step R next to L (&), step fw on L (8) 6:00

**[25 – 32] Touch & heel & X 2, Monterey ¼ R, step fw L**

1&2&      Touch R toes next to L (1), step slightly back on R (&), touch L heel fw (2), step down on L (&) – note that you'll be travelling slightly forward during these steps 6:00  
3&4&      Touch R toes next to L (3), step slightly back on R (&), touch L heel fw (4), step down on L (&) - note that you'll be travelling slightly forward during these steps 6:00  
5 – 6      Point R to R side (5), turn ¼ R on L stepping R next to L (6) 9:00  
7 – 8      Point L to L side (7), step fw on L (8) 9:00

**BEGIN AGAIN and... ENJOY!**

**Restart: On wall 3, after 16 counts, facing 12:00**

**Tag: After wall 5 (facing 6:00) and wall 7 (facing 12:00) you have 4 extra beats in the music.  
Add a R rocking chair: Rock fw on R (1), recover back on L (2), rock back on R (3), recover fw on L (4)**

**Ending: You will automatically finish at 12:00!  
Do the first 16 counts of wall 10, which starts facing 6:00.  
After count 16 you'll finish nicely to the front. 12:00**

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