

So Lonesome

拍數: 64 牆數: 2 級數: Beginner
編舞者: Don Pascual (FR) - May 2013
音樂: Nobody's Lonesome For Me (Hank Williams Senior)



Start on vocals

Section 1: Heel struts forward R, L, R, L

1-4 R heel forward, drop R ball, L heel forward, drop L ball
5-8 R heel forward, drop R ball, L heel forward, drop L ball

Section 2: (Point R to the R, touch R beside L) x2, R back rock step, R stomp up, R stomp

1-4 Point R toe to the R, touch R beside L, point R toe to the R, touch R beside L,
5-6 Step R behind, recover onto L
7-8 Stomp up R beside L, stomp R beside L (ending weight on R)

Style: You can slightly jump while making your rock step (counts 5-6)

Section 3: Back toe struts L, R, L, R

1-4 L toe behind, drop L feet, R toe behind, drop R feet
5-8 L toe behind, drop L feet, R toe behind, drop R feet

Section 4: (Point L to the L, touch L beside R) x2, L back rock step, L stomp up, L stomp

1-4 Point L toe to the L, touch L beside R, point L toe to the L, touch L beside R,
5-6 Step L behind, recover onto R
7-8 Stomp up L beside R, stomp L beside R (ending weight on L)

Style: You can slightly jump while making your rock step (counts 5-6)

Section 5: Step, scuff, step, scuff, R shuffle forward, L stomp up x2

1-2 Step R forward (R diagonal), scuff L beside R
3-4 Step L forward (L diagonal), scuff R beside L
5&6 Step R forward (R diagonal), L beside R, step R forward (R diagonal)
7-8 Stomp up L beside R, stomp up L beside R (keeping weight on R)

Section 6: Step, scuff, step, scuff, L shuffle forward, R stomp up x2

1-2 Step L forward (L diagonal), scuff R beside L
3-4 Step R forward (R diagonal), scuff L beside R
5&6 Step L forward (L diagonal), R beside L, step L forward (L diagonal)
7-8 Stomp up R beside L, stomp up R beside L (keeping weight on L)

Section 7: (Step R forward, cross L toe behind R, L back step, hook R over L) x2

1-4 Step R forward, tap L toe behind R (cross), L back step, cross R over L shin
5-8 Step R forward, tap L toe behind R (cross), L back step, cross R over L shin

Section 8: Step R fwd, hold + snap, L ½ T, hold + snap, R jazz-box

1-4 Step R forward, hold+snap (R hand), ½ T to the L, hold+snap (R hand)
5-8 Cross R over L, step L back, step R to the R, step L forward

Have fun with this dance!!

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