So Lonesome

拍數: 64

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 shufffle 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 shufffle 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), $\frac{1}{2}$ 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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牆數:2