

Wind Up Lonesome

COPPERKNOB
STEPPERS

拍數: 32 牆數: 2 級數: Beginner / Improver
編舞者: Joan Starklint (DK) & Kim Petersen (DK) - April 2014
音樂: A Real Good Way to Wind Up Lonesome - James House : (iTunes)



Intro: 16 counts from start of heavy beat, start on lyrics

[1-8] □ SIDE ROCK - SHUFFLE FWD

1-2 Rock R to right, Recover on L
3&4 Step R fwd, Step L next to R, Step R fwd
5-6 Rock L to left, Recover on R
7&8 Step L fwd, Step R next to L, Step L fwd

[9-16] □ ROCK STEP – HEEL SWITCHES (moving backwards)

1-2 Rock R fwd, Recover on L
&3-4 Step R back, Touch L heel fwd, Hold (clap on hold)
&5-6 Step L back, Touch R heel fwd, Hold (clap on hold)
&7-8 Step R back, Touch L heel fwd, Hold (clap on hold)

[17-24] □ HEEL SWITCHES – HOOK – FLICK – CHASSE (hinge) CHASSE

&1&2 Step L next to R, Touch R heel fwd, Step R next to L, Touch L heel fwd
&3&4 Step L next to R, Touch R heel fwd, Hook R in front of L, Touch R heel fwd
&5&6 Flick R, Step R to right, Step L next to R, Step R to right
&7&8 (Make ½ turn right) Step L to left, Step R next to L, Step L to left

[25-32] □ BACK ROCK – KICK BALL CHANGE – ROCKING CHAIR

1-2 Rock R back, Recover on L
3&4 Kick R fwd, Recover to ball of R, Recover on L
5-6 Step R fwd, Recover on L
7-8 Step R back, Recover on L

REPEAT

Easy Tags after wall 5 and wall 9 (facing 6 o'clock):

TAG: SIDE STEP – CROSS KICK

1-2 Step R to right, Kick L diag. in front of R
3-4 Step L to left, Kick R diag. in front of L

ENDING: At the end of the dance the music slows down, just keep on dancing count 1-22, then step L fwd

Contact: joan@ejra.dk & kimap62@live.com □