

# Wind Up Lonesome

COPPER KNOB  
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**

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