

# Train With The Blues

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**Count:** 32                      **Wall:** 4                      **Level:** Upper Beginner

**Choreographer:** Cheryl Hosking (Aug 2009)

**Music:** I'm Blue, I'm Lonesome - Marty Stuart. Album: Tempted

**Start Position: Feet together - with weight on L foot.**

**Starts on vocals - counts 48 in. Rotation: Clockwise**

**HEEL STRUT, HEEL STRUT, HEEL STRUT, PADDLE TURN.**

**1,2R heel strut- step R heel forward, drop weight onto ball of R foot,**

**3,4L heel strut- step L heel forward, drop weight onto ball of L foot,**

**5,6R heel strut- step R heel forward, drop weight onto ball of R foot,**

**7,8**                      Paddle turn - step L forward, pivot 90 degrees R - weight on R, (3:00 wall)

**ROCKING CHAIR, FORWARD, TOUCH, SIDE, TOGETHER.**

**1,2,3,4L rocking chair - step L forward, rock/replace weight back on R, step L back, Rock / replace weight forward on R,**

**5,6**                      Step L forward, touch R beside L,

**7,8**                      Step R to R side, step L beside R,

**BACK,CROSS,BACK, TOUCH , SIDE, TOUCH, SIDE, TOUCH.**

**1,2,3,4**                      Step R back to R45, step L across in front of R, step R back to R45, touch L beside R,

**5,6**                      Step L to L side, touch R beside L,

**7,8**                      Step R to R side, touch L beside R,

**FORWARD, LOCK, FORWARD, TOUCH, VINE R, TOGETHER.**

**1,2,3,4**                      Step L forward, step/lock R behind L heel, step L forward, touch R beside L,

**5,6,7,8**                      Vine R - step R to R side, step L behind R, step R to R side, step L beside R.

**[32]**

**REPEAT DANCE IN NEW DIRECTION**

**Finish: Dance heel struts to the end of music.**

**Phone Cheryl 0400 551 221**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=105993](https://www.linedance.com/index.php?f=dance_view&id=105993)