

Wind Up Lonesome

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Count: 32 **Wall:** 2 **Level:** Beginner / Improver

Choreographer: Joan Starklint & Kim Petersen (DK), April 2014

Music: A Real Good Way to Wind Up Lonesome by 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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