

LONESOME MAMA BLUES

LINEDANCE.COM

Count: 64

Wall: 4

Level: beginner/intermediate

Choreographer: Karen Fishback

Music: Lonesome Mama Blues by Firehouse Five Plus Two

TOE HEEL STRUTS, RIGHT, LEFT, FORWARD COASTER

1-4 Step forward on right toe, drop heel, repeat left

5-8 Step forward on right, put left beside right, step back on right, hold

BACK COASTER, HALF PIVOT, STEP, HOLD

1-4 Step back on left, beside with right, forward on left, hold

5-8 Step forward on right and turn $\frac{1}{2}$, step beside on right, hold

HEEL SPLIT, SIDE TOUCH (2 TIMES)

1-4 Split heels out, in, point right toe out, step in

5-8 Repeat to left

CHARLESTON

1-2 Rock back on right, recover

3-4 Kick forward with right, replace

5-6 Kick forward with left, hold

7-8 Step behind with left (toe, heel)

SIDE STEP QUARTER TURNS

1-4 Step right to right, step left together, step right turning $\frac{1}{4}$ to right, hold

5-8 Step left turning $\frac{1}{4}$ to right, step right together, step left turning $\frac{1}{4}$ to left, hold

1-4 Step right turning $\frac{1}{4}$ to left, step left together, step right turning $\frac{1}{4}$ right, hold

5-8 Repeat 5-8 above

WALK BACK, KICK, (2 TIMES)

1-4 Walk back 3 steps, right, left, right, kick with left

5-8 Repeat starting with left

SHIMMY RIGHT (2 TIMES)

1-4 Step right to right, drag left beside (shimmy as you like)

5-8 Repeat

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=28738