

# LONE STAR LONESOME

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**Count:** 32

**Wall:** 4

**Level:** beginner/intermediate

**Choreographer:** Adrian Churm

**Music:** Lonestar Lonesome by Dave Sheriff

## SUGAR FOOT WITH SHUFFLES FORWARD ON RIGHT AND LEFT FOOT, ROCK STEP, SHUFFLE BACK AND BACK PIVOT TURN, SHUFFLE FORWARD

- 1-2** Touch right toe into left instep, touch right heel into left instep
- 3&4** Shuffle forward, right, left, right
- 5-8** Repeat steps 1-4 on the opposite foot
- 9-10** Step forward on right, replace weight back onto left
- 11&12** Shuffle backwards right, left, right
- 13-14** Touch left toe back and make a half turn to the left, ending with the weight on the left foot
- 15&16** Shuffle forward right, left, right

## LEFT AND RIGHT KICK STEPS AND SWIVELS, CROSS ROCK, QUARTER TURN SHUFFLE, ROCK REPLACE, BACK STEP, DRAW AND TAP

- 17&18** Kick left foot forward, step back with left, tap right toe forward (knee bent)
- &19&20** On the balls of both feet swivel heels right, center, right, center
- 21-24** With weight on the left foot repeat 17-20 on the right foot
- 25-26** Rock step, right foot forward and across left, replace weight back onto left foot
- 27-28** Making a quarter turn to the right, shuffle right, left, right
- 29-32** Left foot forward, replace weight back onto right foot, step left foot back and draw right foot towards left and tap next to left

## REPEAT