

## Lonesome Cowboy

32 Count, 4 Wall, Improver

Choreographer: Mel Fisher (UK) April 2010

Choreographed to: Lonesome Cowboy by

Chris James

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32 count intro

**Side rock, shuffle x2, (moving forward)**

- 1-2 Rock out to side on right, replace weight on left
- 3&4 Step forward on right, step left beside right, step forward on right
- 5-6 Rock out to side on left, replace weight on right
- 7&8 Step forward on left, step right beside left, step forward on left

**Forward rock, half shuffle turn right, side rock cross shuffle**

- 1-2 Rock forward on right, replace weight on left
- 3&4 Turn ½ turn right stepping onto right, step left beside right, step forward on right
- 5-6 Rock to side on left, replace weight on right
- 7&8 Cross left over right, step to side on right, cross left over right

**Heel ball cross x2, rock ¼ turn left, kick ball step**

- 1&2 Touch right heel forward, step down onto right, step onto left
- 3&4 Touch right heel forward, step down onto right, step onto left
- 5-6 ¼ turn left stepping to side on right, replace weight on left
- 7&8 Kick right forward, step onto right, step left beside right

**Heel, toe, shuffle x2**

- 1-2 Touch right heel forward, touch right toe back
- 3&4 Step forward on right, step left beside right, step forward on right
- 5-6 Touch left heel forward, touch left toe back
- 7&8 Step forward on left, step right beside left, step forward on left

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