

Wind Up Lonesome

IMPROVER

32 Count 2 Walls

Choreographed by: Joan Starklint & Kim Petersen

Choreographed to: A Real Good Way

To Wind Up Lonesome by James House

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 1/2 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

TAGS 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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