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These Ramblin' Shoes

64 Count, 4 Wall, Improver

Choreographer: Cheryl Hosking (Aus) Aug 2015

Choreographed to: Lonesome But Free by Troy Cassar-Daley.

Album: Born To Survive (124 bpm)

Starts on vocals – 32 counts in. Rotation: Anti-clockwise.

- 1,2 Step R to R side, touch L beside R,
3,4 Step L to L side, touch R beside L,
5,6,7 Slow forward coaster step - step R forward, step L beside R, step R back,
8 Touch L beside R,
- 1,2 Step L to L side, touch R beside L,
3,4 Step R to R side, touch L beside R,
5,6,7 Slow backward coaster step - step L back, step R beside L, step L forward,
8S cuff R forward,
- 1,2 Step/rock R forward, rock/replace weight back on L,
3,4 Turning 180 degrees R - step R forward, hold for one count,
5,6,7,8 Travelling forward turning 360 degrees (full turn) R - stepping L, R, L, touch R beside L,
- 1,2,3,4 Step/rock R to R side, rock/replace weight on L, step R over L, hold for one count,
5,6 Step/rock L to L side, turning 90 degrees R - step R forward,
7,8** Step L forward, touch R beside L,**

** BRIDGE - On wall 6 only add the following and then continue on with the dance**

- 1,2,3,4 Step R to R side, touch L beside R, step L to L side, touch R beside L

- 1,2 Step R to R side, step L behind R,
3,4 Step/rock R to R side, rock/replace weight onto L,
5,6 Step R behind L, step L to L side,
7,8 R heel strut forward - touch R heel forward, drop weight onto R foot,

- 1,2 L heel strut forward - touch L heel forward, drop weight onto L foot,
3,4 Turning 90 degrees L - step R to R side, step L beside R,
5,6 R toe/heel strut back - step R toe back, drop weight onto R heel,
7,8 Step/rock L behind R, rock/replace weight forward on R,

- 1,2 L toe/heel strut to L side - step L toe to L side, drop weight onto L heel,
3,4 Step/rock R behind L, rock/replace weight forward on L,
5,6 Step R forward, pivot 180 degrees L - weight on L,
7,8 Step R forward, pivot 90 degrees L - weight on L,

- 1,2,3,4 Slow forward coaster step - step R forward, step L beside R, step R back, hold,
5,6,7,8 Slow backward coaster step - step L back, step R beside L, step L forward, hold.

Bridge: ** During wall 6 - dance the first 32 counts - add the 4 count bridge and continue on with the dance from count 33.