Lonesome Swing

Choreographed by:	Dave & Lesley Mather (See www.silverwingswdc.co.uk)
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Description:	Partner Dance, 64 counts. Starting man on inside, facing LOD, holding inside hands.
	Opposite footwork throughout.
Music:	A Real Good Way To Wind Up Lonesome by James House, CD 'Days Gone By'
Teaching Track:	Take Me Away - James House, CD 'Days Gone By'

1-8	**Rt Kick ball-change x2, walk, walk, shuffle.**
1&2, 3&4	Rt kick ball-change twice. ***(Lady kicks on Lt.).***
5-6,7&8	Walk fwd Rt, Walk fwd Lt, Rt shuffle fwd.

9-16	**Lt Kick ball-change x2, walk, walk, shuffle.**
1&2, 3&4	Lt kick ball-change twice. ***(Lady kicks on Rt).***
5-6,7&8	Walk fwd Lt, Walk fwd Rt, Lt shuffle fwd.

17-24	**Step turn ½ Lt, Step turn ¼ Lt, Weave, point Lt.**
1-4	Step fwd Rt, ½ turn Lt, Step fwd Rt ¼ turn Lt.
5-8	Cross Rt over Lt, step Lt to Lt, cross Rt behind Lt, point Lt to Lt side. ***(Lady: cross Lt over Rt.)***
(Note:	***Count 18 Lady turns Rt.)***
Hands:	***Release hands on count 17. Pick up double hand hold on count 21***

25-32	**Step Lt, point Rt, Step Rt, touch Lt, Lt Shuffle ¼ Rt, Rt shuffle ¼ Rt.**
1-4	Step Lt in place, point Rt to Rt, Step Rt in place, touch Lt in place.
5&6,7&8	Turning clockwise, shuffle ¼ turn LRL and ¼ turn RLR.
Hands:	***Count 29 change to swing hold.***
Note:	***Counts 29 – 40 danced as East Coast Swing***

33-40	**Rock, Step, Lt Shuffle ¼ Rt, Rt shuffle ¼ Rt, Rock, Step**
1-2, 3&4	Rock Lt behind Rt, Recover on Rt, Turning clockwise, shuffle ¼ turn LRL.
5&6,7-8	Turning clockwise, shuffle ¼ turn RLR, Rock Lt behind Rt, Recover on Rt.

41 – 46	**Lt Shuffle Fwd, Turn ½ Lt & Rt shuffle Bwd, walk back Lt Rt**
1&2,3&4	¼ turn Lt & Lt shuffle down LOD, Turn ½ Lt and Rt shuffle back.
5-6,	Step back Lt, Rt.
Hands:	***Count 41 hold inside hands. Count 43 release hands to turn and pick up inside hands.***

47-52	**½ Lt & Lt shuffle Fwd, changing sides. Rt shuffle Fwd, walk fwd Lt, Rt**
1&2,3&4	Turn ½ Lt and Lt shuffle diagonally fwd,(**Changing sides**), Rt shuffle fwd
5-6	Step fwd Lt & Rt

Hands:	***Counts 47 & 48, Lady turns & changes sides under gent's Left hand***
53-56	**Step turn ½ Rt, Step turn ¼ Rt**
1-2	Step fwd Lt, ½ turn Rt,
3-4	Step fwd Lt ¼ turn Rt
Hands:	***Release hands on count 53, rejoin in double hand hold on count 56.***

57-64	**Weave, point Rt, ¼ Rt shuffle to Rt, Lt shuffle fwd.**
1-4	Cross Lt over Rt, step Rt to Rt, cross Lt behind Rt, point Rt to Rt side. *(Lady: cross Rt over Lt.)*
5&6	¼ turn Rt on Rt shuffle crossing behind lady. *(Lady shuffles to outside LOD)*
7&8	Lt shuffle fwd.
Hands:	***Count 60 release gents Lt hand. Count 61&62 lady changes side under gent's right hand.***

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Every effort has been made to make sure these dance sheets are accurate. Please let us know if there are any errors or omissions email: jbwesterndance@aol.com.