

# Wind Up Lonesome

**Count:** 32    **Wall:** 2    **Level:** Beginner / Improver

**Choreographer:** Joan Starklint & Kim Petersen (DK), April 2014

**Music:** A Real Good Way to Wind Up Lonesome by James House (iTunes)

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**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 ½ 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

## **REPEAT**

**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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