



LOUSA

Music : If you're lonely too par Jon Wolfe (album Natural man)

Choréographe : Chrystel DURAND (France – October 2015)

Description : Line dance - 32 counts - 4 walls – 2 restarts

Level : Intermediate

Intro : 16 counts

1-8 WALK WALK, SIDE ROCK, LUNGE, 1/4 TURN AND FLICK, WALK FWD, STEP LOCK STEP

1-2 Right step forward - Left step forward

3&4 Rock right to right – recover on left – Step right to right bending right knee and keeping left point to left with extended left leg

5-6 ¼ turn to left and recover on left with a right flick – step right forward

7&8 Left forward – lock right behind left – left forward 9.00

Restart here on wall 4 at 6.00

9-16 STEP, ½ TURN, KICK BALL LARGE STEP, STEP, ¼ TURN, CROSS, PIVOT ¼ TURN x2

1-2 Right step forward – ½ turn to left (weight on left) 3.00

3&4 Right kick forward – ball right next to left – large left step forward

5-6 Right forward - ¼ turn to left (weight on left) 12.00

7&8 Cross right over left – ¼ turn to right and left back – ¼ turn to right and right to right side 6.00

17-24 CROSS, ¼ TURN LEFT AND POINT TO RIGHT, TOUCH, POINT, TOUCH, SYNCOPATED MONTEREY TURNS

1-2 Cross left over right – ¼ turn to left and right point on right side 3.00

3&4 Right touch next to left – right point on right side – right touch next to left

5&6& Right point to right side – 1/4 turn to right and right next to left – Left point on left side – left next to right 6.00

7&8& Right point to right side – 1/4 turn to right and right next to left – Left point on left side – left next to right 9.00

25-32 STEP FWD, ½ TURN LEFT AND LEFT HOOK, SHUFFLE FWD, MAMBO STEP FORWARD, MAMBO STEP BACK

1-2 Right step forward – ½ turn to left and left hook over right 3.00

3&4 Shuffle forward Left-right-left

Restart here on wall 6 at 12.00

5&6 Rock right forward – recover on left – right slightly behind

7&8 Rock left behind - recover on right - left slightly forward

Restart :

On wall 4, dance the first 8 counts and restart the dance from the beginning (at 6.00)

On wall 6, dance to the count 28 (shuffle forward) and restart the dance from the beginning (at 12.00)

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