

Lonesome You

Choreographed by Phyllis Whipple & Dave Getty (USA)

Type: 1 wall phrased (A = 64 counts & B = 8 counts - Sequence ABAAA), with Polka rhythm and Lilt motion

Level: SuperStars

Music: "Oh Lonesome You" by Trisha Yearwood

Official UCWDC Competition Dance Description
Release Date 8-22-03 - Date of Change 10-01-03

Part A

Heel Hook & Flick & Hook & Hook; Triple Step; Rock Step

| | | | |
|---|---|----|---|
| 1 | 1 | RF | touch R heel forward |
| & | & | RF | hook R heel across L knee |
| 2 | 2 | RF | touch R heel forward |
| & | & | RF | flick R heel back and out to right side |
| 3 | 3 | RF | touch R heel forward |
| & | & | RF | hook R heel across L knee |
| 4 | 4 | RF | touch R heel forward |
| & | & | RF | hook R heel across L knee |
| 5 | 5 | RF | step forward (12:00) |
| & | & | LF | step close to RF |
| 6 | 6 | RF | step forward (12:00) |
| 7 | 7 | LF | rock step forward (12:00) |
| 8 | 8 | RF | rcover step back in place (6:00) |

Left Sailor Triple; Right Sailor Triple; Skip Forward & Rock

| | | | |
|----|---|----|--|
| 9 | 1 | LF | step diagonally crossing behind RF (4:30) |
| & | & | RF | step close to LF |
| 10 | 2 | LF | step diagonally forward (10:30) |
| 11 | 3 | RF | rotating slightly right, step diagonally crossing behind LF (7:30) |
| & | & | LF | step close to RF |
| 12 | 4 | RF | rotating 1/4 right, step forward (3:00) |
| & | & | LF | lifting L knee up, forward, and out, hop slightly off RF, scooting forward |
| 13 | 5 | LF | step forward and slightly across RF |
| & | & | RF | lifting R knee up, forward, and out, hop slightly off LF, scooting forward |
| 14 | 6 | RF | step forward and slightly across LF |
| & | & | LF | lifting L knee up, forward, and out, hop slightly off RF, scooting forward |
| 15 | 7 | LF | step forward and slightly across RF |
| & | & | RF | lifting R knee up, forward, and out, hop slightly off LF, scooting forward |
| 16 | 8 | RF | rock step forward and slightly across LF (1:30) |

Recover & Skip Backward; Coaster Triple; Right Brush Hop Step

| | | | |
|----|---|----|--|
| 17 | 1 | LF | recover step back in place (7:30) |
| & | & | RF | lifting R knee up, backward, and out, hop slightly off LF, scooting backward |
| 18 | 2 | RF | step backward and slightly behind LF |
| & | & | LF | lifting L knee up, backward, and out, hop slightly off RF, scooting backward |
| 19 | 3 | LF | step backward and slightly behind RF |
| & | & | RF | lifting R knee up, backward, and out, hop slightly off LF, scooting backward |
| 20 | 4 | RF | step backward and slightly behind LF |

Lonesome You

| | | | |
|----|---|----|--|
| 21 | 5 | LF | step backward (9:00) |
| & | & | RF | step close to LF |
| 22 | 6 | LF | step forward (3:00) |
| 23 | 7 | RF | brush R foot forward and up, scooting on LF |
| & | & | LF | hop up on LF, rotating 1/4 to left |
| 24 | 8 | RF | push step to right side (3:00, facing 12:00) |

Lean & Hitch; Locked Triple Step; Double Chainé; Push Side & Hold

| | | | |
|----|---|-----|--|
| 25 | 1 | RF | with L toe pointed to left side, rotating 1/4 to left to face 9:00, lean back, lifting straight L leg off ground |
| 26 | 2 | RF | bringing body back upright, bend L knee up, preparing to take forward step |
| 27 | 3 | LF | step forward (9:00) |
| & | & | RF | step close to lock behind LF |
| 28 | 4 | LF | step forward (9:00) |
| 29 | 5 | RF | rotating 1/4 to left, step close to LF |
| & | & | LF | rotating 3/4 left, step slightly forward (9:00) |
| 30 | 6 | RF | rotating 1/4 to left, step close to LF |
| 31 | 7 | LF | rotating 1/2 to left, push step to left side (9:00, facing 12:00) |
| 32 | 8 | --- | hold position in place |

Right Leading Syncopated Gallops; Left Leading Syncopated Gallops

| | | | |
|----|---|----|--|
| 33 | 1 | RF | step diagonally forward (1:30) |
| & | & | LF | step close to RF |
| 34 | 2 | RF | step diagonally forward (1:30) |
| & | & | LF | step close to RF |
| 35 | 3 | RF | step diagonally forward (1:30) |
| & | & | LF | step close to RF |
| 36 | 4 | RF | step diagonally forward (1:30), rotating 1/4 to left (facing 6:00) |
| 37 | 5 | LF | step diagonally forward (4:30) |
| & | & | RF | step close to LF |
| 38 | 6 | LF | step diagonally forward (4:30) |
| & | & | RF | step close to LF |
| 39 | 7 | LF | step diagonally forward (4:30) |
| & | & | RF | step close to LF |
| 40 | 8 | LF | step diagonally forward (4:30) |

Skipping Jazz Box & Back; Cross, Kick Back, Brush, Knee Lift, Cross Step

| | | | |
|----|---|----|--|
| & | & | RF | rotating 1/8 left to face 3:00, lifting R knee up and out, hop slightly off LF |
| 41 | 1 | RF | step crossing in front of LF (12:00) |
| & | & | LF | lifting L knee up and out, hop slightly off RF |
| 42 | 2 | LF | step backward (9:00) |
| & | & | RF | lifting R knee up and out, hop slightly off LF |
| 43 | 3 | RF | step to right side (6:00, facing 3:00) |
| & | & | LF | rotating 1/2 to right, lifting L knee up and out, hop slightly off RF |
| 44 | 4 | LF | step to left side (6:00, facing 9:00) |
| & | & | RF | rotating 1/4 to right, lifting R knee up and out, hop slightly off LF |
| 45 | 5 | RF | angling body 1/8 to right to face 1:30, step back (6:00) |
| 46 | 6 | LF | step back crossing and locking in front of LF |
| & | & | RF | kick L leg and toe backward |
| 47 | 7 | RF | brush R foot forward |
| & | & | RF | lift R knee up, forward, and across body |
| 48 | 8 | RF | step across in front of LF (9:00, facing 12:00) |

Lonesome You

Twist to Close; Coaster Triple; Heel Ball Step; Heel Ball Step

| | | | |
|----|---|------|--|
| 49 | 1 | Both | with weight on balls of feet, begin twist turn, rotating 1 1/8 to left |
| 50 | 2 | Both | continue twist turn, weighting RF, drawing LF close to face 10:30 |
| 51 | 3 | LF | step diagonally back (4:30) |
| & | & | RF | step close to LF |
| 52 | 4 | LF | step diagonally forward (10:30) |
| 53 | 5 | RF | bending L knee, touch R heel diagonally forward (10:30) |
| & | & | RF | straightening L knee, drawing RF slightly back, step forward (10:30) |
| 54 | 6 | LF | step forward (10:30) |
| 55 | 7 | RF | bending L knee, touch R heel diagonally forward (10:30) |
| & | & | RF | straightening L knee, drawing RF slightly back, step forward (10:30) |
| 56 | 8 | LF | step forward (10:30) |

Stomp & Hold; Side Coaster Triple; Backward Point Scoots; Back Steps

| | | | |
|----|---|------|--|
| 57 | 1 | RF | stomp step forward (10:30) |
| 58 | 2 | --- | hold position in place |
| 59 | 3 | LF | step diagonally to left side (9:00) |
| & | & | RF | rotating 1/8 to right to face 1:30, step close to LF |
| 60 | 4 | LF | step diagonally across in front of RF (3:00, facing 1:30) |
| & | & | RF | lifting R knee up behind L leg, hop slightly off LF, scooting backward |
| 61 | 5 | Both | re-weight the LF, touching the R toe down |
| & | & | RF | lifting R knee up behind L leg, hop slightly off LF, scooting backward |
| 62 | 6 | Both | re-weight the LF, touching the R toe down |
| & | & | RF | lifting R knee up behind L leg, hop slightly off LF, scooting backward |
| 63 | 7 | RF | step back (6:00) |
| 64 | 8 | LF | step back (6:00) |

Here ends **PART A**, which totals 64 counts, and since the dance is a 1-wall dance, contestants should finish in exactly the same position on the floor as when they started.

PART B that follows, which totals 8 counts, takes care of the 8-count musical "tag" that occurs in the song "Oh Lonesome You" after the first two phrases (64 counts) that follow the song's shortened introductory phrase.

Part B

Right Sailor Triple; Hop-Kicks; Back Step; Heel Twist Turn

| | | | |
|---|---|------|---|
| 1 | 1 | RF | rotating slightly right, step diagonally crossing behind LF (7:30) |
| & | & | LF | step close to RF |
| 2 | 2 | RF | rotating 1/8 right, step forward (1:30) |
| & | & | LF | lifting L leg up, bending L knee, hop slightly off RF |
| 3 | 3 | LF | straightening L knee, kick L leg forward (1:30) |
| & | & | LF | lifting L leg up, bending L knee, hop slightly off RF, rotating 1/4 to left to face 10:30 |
| 4 | 4 | LF | straightening L knee, kick L leg forward (10:30) |
| & | & | LF | lifting L leg up, bending L knee, hop slightly off RF |
| 5 | 5 | LF | step slightly back (4:30), keeping weight on both feet |
| 6 | 6 | --- | hold position in place |
| 7 | 7 | Both | transferring weight to the heels of both feet, begin twist turn, rotating left |
| 8 | 8 | Both | continue twist turn, rotating to 3:00, weighting LF, drawing RF close to face 12:00 |