MICHAEL BARR'S: LONESOME BLUES Ban

Description:

32 Count - 4 Wall Line Dance (36 counts with tags - see below) - **Difficulty:** Easy Intermediate

Choreographer: Music w/ Tags:

Michael Barr, "A Waltz In Time Productions", San Francisco Bay Area "Cold Outside" by Big House (130 bpm) self-titled CD - 48 Count lead

or CDX Vol. 153 1/97 - 32 count lead. MCA Nashville CD # MCAD 11446

Music w/o Tags:

"You Ain't Lonely Yet" by Big House (122 bpm) self-titled CD or CDX Vol. 161 5/97

Prepared by:

Michael Barr, Instructor/DJ/Choreographer, Phone & fax 650-327-1405. E.mail - mbarr4@juno.com

A. SWIVEL TOUCH RIGHT (X 2) -- SCUFF-BALL-1/4, SCUFF-BALL-CHANGE

On counts 1 and 3 the toes of both feet will be pointing diagonally to the left. Counts 1-4 are done in place - no traveling.

- 1 2 weight L On ball of L swivel left heel right and touch R toe side right (pigeon toe); Return L & R to center
- 3 4 weight L Repeat above counts 1 - 2 Note: Body will twist to the left (1,3) and back to center (2,4).
- 5 & 6 weight L Scuff ball of R forward; Step ball of R next to left; Step L in place turning 1/4 left
- weight L 7 & 8 Scuff ball of R forward; Step ball of R next to left; Step L in place

В. 2 SAILOR SHUFFLES (or Cross-Ball-Changes) - CROSS, SIDE, CROSS & BACK

- 1 & 2 weight L Swing step R behind left; Step ball of L foot side left; Step R side right
- 3 & 4 weight R Swing step L behind right; Step ball of R foot next to left; Step-slide L side left
- 5 6 weight L Cross R over left [bend knees]; Step L side left
- 7 & 8 weight R Cross R over left [bend knees]; Step L side left; Step R slightly back

C. CROSS, SIDE, CROSS & BACK - FORWARD, FORWARD, 1/2 PIVOT, FORWARD

- 1 2 weight R Cross L over right; Step R side right
- 3 & 4 weight L Cross L over right; Step R side right; Step L slightly back
- 5 6 weight L Step R forward; Step L forward
- 7 8 weight L Pivot 1/2 turn right on ball of left stepping R in place; - Step L forward

***D. 1/2 MONTEREY TURN RIGHT - SWIVEL RIGHT, LEFT, RIGHT, LEFT

- 1 2 Point R toe side right; Pivot 1/2 turn right on ball of left dragging R next to left
- 3 4 Point L toe side left; Step L next to right [transfer weight to balls of both feet]
- 5 6 Swivel heels right; Swivel heels left
- 7 8 Swivel heels right; Swivel heels left [transfer weight left]

Styling: Start the swivels by bending the knees (5) stay at same level (6) start to straighten (7) up all the way (8).

BEGIN AGAIN!!!

***Steps for musical Tags for the song "Cold Outside" by Big House. *(5,8,9)

5th wall starts at 12:00 - pattern ends facing 9:00 - repeat 4 swivel steps - Sec. D. counts 5-8

8th wall starts at 3:00 - pattern ends facing 12:00 - repeat 4 Swivel steps - Sec. D. counts 5-8

9th wall starts at 12:00 - pattern ends facing 9:00 - repeat 4 Swivel steps - Sec. D. counts 5-8

IF YOU CHOOSE NOT TO DO THE TAGS USE "You Ain't Lonely Yet" by Big House, which is a great song!!!

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