



Lonesome Flats

Choreographers: Audrey Flament & Rob Fowler & I.C.E. – August 2020

Counts: 68 - Walls: 4 - Level: Intermediate (3 Restarts)

Music: Leaving Lonesome Flats by Dierks Bentley - 3m 08s (from Trolls World Tour)

BPM: 128 (approx.) - Intro: 16 counts (approx. 8 secs)

S1	R Dorothy, L Dorothy, Step R, Pivot ¼ Turn L, Cross Shuffle	
1,2&	Step R diagonally forward R, lock L behind R, step R diagonally forward R	
3,4&	Step L diagonally forward L, lock R behind L, step L diagonally forward L	
5,6	Step forward R, pivot ¼ turn L	
7&8	Cross R over L, step L to L side, cross R over L	9:00
S2	¼ Turn R, ¼ Turn R, Cross Shuffle, Step R, Pivot ¼ Turn L, R Kick Out Out	
1,2	Make ¼ turn R stepping back L, make ¼ turn R stepping R to R side	3:00
3&4	Cross L over R, step R to R side, cross L over R	
5,6	Step R to R side, pivot ¼ turn L	
7&8	Kick R forward, step R to R side, step L to L side (shoulder-width apart)	12:00
S3	Heel Twists, Both Heels L, Both Heels R with ¼ Turn L, Step R, Pivot ½ Turn L	
1,2	Twist R heel to L, twist R heel back to centre	
3,4	Twist L heel to R, twist L heel back to centre	
5,6	Twist both heels L, twist both heels R making ¼ turn L (weight on L)	9:00
7,8	Step forward R, pivot ½ turn L	3:00
S4	Jazzbox with Hands Brush, Heel Grind ¼ Turn R, Step R, Switches L&R, Hitch	
1,2,3,4	Cross R over L, step back L, step R to R side, step forward L (option: you can brush hands on hips during jazzbox)	
RESTART 1	During Wall 3 – see note below*	
5,6	Rock fwd R heel twisting R toe from L to R making ¼ turn R, recover back on L	6:00
&7&8&	Step R next to L, point L to L side, step L next to R, point R to R side, hitch R	
RESTART 3	For Wall 7 – see note below***	
S5	Slow Rocking Chair, Heel Switches R-L-R, Hold	
1,2	Rock forward R, recover on L	
3,4	Rock back R, recover on L	
5&6&	Touch R heel forward, step R next to L, touch L heel forward, step L next to R	
7,8	Touch R heel forward, hold	6:00
RESTART 2	During Wall 4 – see note below**	

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S6	R Coaster, L Shuffle, Step R, Twist, Twist, Kick	
1&2	Step back R, step L next to R, step forward R	
3&4	Step forward L, step R next to L, step forward L	
5,6,7,8	Step forward R, twist ½ turn L, twist ½ turn R (weight on L), kick R forward	6:00
S7	R Coaster, Step L, Pivot ½ Turn R, Full Turn R, Step, Hold & Clap	
1&2	Step back R, step L next to R, step forward R	
3,4	Step forward L, pivot ½ turn R	
5,6,7,8	Make ½ turn R stepping back L, make ½ turn R stepping forward R, step forward L, hold and clap	12:00
S8	Step R, Pivot ½ Turn L, R Shuffle, Rock, Recover, Sailor ¼ Turn L	
1,2	Step forward R, pivot ½ turn L	6:00
3&4	Step forward R, step L next to R, step forward R	
5,6	Rock forward L, recover on R	
7&8	Cross L behind R making ¼ turn L, step R to R side, step L to L side	3:00
S9	R Kick Ball Step, Step R, Pivot ½ Turn L	
1&2	Kick R forward, step R next to L, step forward L	
3,4	Step forward R, pivot ½ turn L	9:00

Start Over

***RESTART1:** During **Wall 3**, dance up to and including count 28 then **RESTART** at 9:00

****RESTART2:** During **Wall 4**, dance up to and including count 40 then **RESTART** at 3:00

*****RESTART3:** For **Wall 7** (which starts facing 9:00) – omit the first 4 sections, so **RESTART** from Section 5