

HEY LONESOME

MUSIC: Claire Lynch CD O Sister 2
CHOREO: Debbie Selby NSW Australia
LEVEL: Advanced
SEQUENCE: A B A C B A D B A
INTRO: Start after singing "Hey Lonesome" Left foot lead

COUNTS CUE

PART A

24 2 Lonesome

PART B

16 2 Irish Stomp Double
3 Flat Double

PART A

24 2 Lonesome

PART C

8 Flat Roll The Dice 3/4R
11 Nag 1/4L
8 Flat Roll The Dice 3/4R
10 Short Nag 1/4 L

PART B

16 2 Irish Stomp Double etc
3 Flat Double

PART A

24 2 Lonesome

PART D

8 2 Heel Toe Pop
11 One Of Them 1/2R
8 2 Heel Toe Pop
10 Short One Of Them 1/2R

PART B

16 2 Irish Stomp Double
3 Flat Double

PART A

24 2 Lonesome



APPROVED
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Step descriptions for: **HEY LONESOME**

LONESOME

	(xif)	(x)					(f)					
DS	TNUPT	TNUPT-H	RS	TNDN	TNUPRS	HD/BA	SL	DS	TNDN	RS		
L	R	R	LR	L	R	RL	L/R	R	L	R	LR	
&a1	e&a2	ea&3	&4	&5	e&a6	e&a7	&8	9	&a10	&a11	&12	

IRISH STOMP DOUBLE

	(xif)											
STO	STO	(P)	SW/SW	(P)	SW/SW	SW/SW	SW/SW	(P)	STO	TNDN	TNDN	R
L	R		L/R		L/R	L/R	L/R		R	L	R	LR
&	1	&	2	&	3	&	4	&	5	e&a6	e&a7	&8

Cross R ft in front so T of L ft is pointing at arch of R ft. Swivel R and L like seen in Riverdance

FLAT DOUBLE

DS	TNDN	BA	TCHH-BA
L	R	L	R
&a1	e&a2	&	a 3

FLAT ROLL THE DICE

	(xif)									
DS	TNDN	DR	[S	S	S](3/4 R)	TNDN	TNDN	TNDN	RS	
L	R	R	L	R	L	R	L	R	LR	
&a1	e&a2	&	3	&	4	e&a5	e&a6	e&a7	&8	

NAG

	(xif)	(x)	(ots)	S(xif)	(f)							
DS	TNUPT	TNUP	BA	BA	HD/BA	SL	TNDN	TNDN	RS	DS	TNDN	RS
L	R	R	R	L	L/R	R	L	R	LR	L	R	LR
&a1	e&a2	e&a3	&	4	&	5	e&a6	e&a7	&8	&a9	e&a10	&11

SHORT NAG

	(xif)	(x)	(ots)	(xif)	(f)						
DS	TNUPT	TNUP	BA	BA	HD/BA	SL	TNDN	TNDN	RS	DS	TNDN
L	R	R	R	L	L/R	R	L	R	LR	L	R
&a1	e&a2	e&a3	&	4	&	5	e&a6	e&a7	&8	&a9	e&a10

HEEL TOE POP

	(pop)		(bk)		(f)	
DS	DR	DT	TT	SL	TCHH	SL
L	L	R	R	L	R	L
&a1	&	a2	&	3	&	4

ONE OF THEM

	(xib)		(wgt)	(1/2 R)										
DS	DS	RK	H	PVT	S	RS	TNDN	RS	SC	SC	DS	TNDN	SC	SC
L	R	L	R		L	RL	R	LR	R	R	L	R	R	R
&a1	&a2	&	3	&	4	&5	e&a6	&7	&	8	&a9	e&a10	&	11

SHORT ONE OF THEM

	(xib)		(wgt)	(1/2 R)								
DS	DS	RK	H	PVT	S	RS	TNDN	RS	SC	SC	DS	TNDN
L	R	L	R		L	RL	R	LR	R	R	L	R
&a1	&a2	&	3	&	4	&5	e&a6	&7	&	8	&a9	e&a10

TNDN

	(pop)		
SK	DR	SLA-S	
R	L	R	
e	&	a	1

TNUP

	(pop)		
SK	DR	SLA	SL
R	L	R	L
e	&	a	1