

# Lonesome Flats

**Choreographer:** Audrey Flament & Rob Fowler

**Count:** 48

**Wall:** 4

**Level:** Intermediate

**Intro:** 16 counts

**Music:** "Leaving Lonesome Flats" by Dierks Bentley (128 BPM)



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**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\*\***

**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

## Repeat

**\*RESTART 1: During Wall 3, dance up to and including count 28 then RESTART at 9:00**

**\*\*RESTART 2: During Wall 4, dance up to and including count 40 then RESTART at 3:00**

**\*\*\*RESTART 3: For Wall 7 (which starts facing 9:00) – omit the first 4 sections, so RESTART from Section 5**

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