

Hey Lonesome

Music: Claire Lynch	Choreo: Debbie Selby
CD: O Sister 2	Sydney (02) 9477 4430
Level: Advanced	Wait: Approx 6 bts After Hey Lonesome
Sequence: A B A C B A D B A	Left Foot Lead

Beat	Movement	Beat	Movement
Part A		Part A	
24	2 Lonesome	24	2 Lonesome
Part B		Part D	
16	2 Irish Stomp Doubles	8	2 Heel Toe Pop
3	Flat double	11	One of Them (1/2R)
Part A		8	2 Heel Toe Pop
24	2 Lonesome	10	Short One of Them(1/2R)
Part C		Part B	
8	Flat Roll the Dice (3/4R)	16	2 Irish Stomp Doubles
11	Nag (1/4L)	3	Flat double
8	Flat Roll the Dice (3/4R)	Part A	
10	Short Nag (1/4L)	24	2 Lonesome
Part B			
16	2 Irish Stomp Doubles		
3	Flat double		

Step Definitions For Hey Lonesome

Lonesome

DS TnUp(xif) TnUp(x) T H R S TnDn TnUp R S H/Ba SL DS TnDn R S
L R R RR L R L R R L L/R R L R L R
&1 e&a2 e&a3 & 4 & 5 e&a6 e&a7 & 8 & 9 &10 e&a11 &12

Irish Stomp Double

STO STO (P)SWIVEL(P)SWIVEL SWIVEL SWIVEL (P) STO TnDn TnDn R S
L R L/R L/R L/R L/R R L R L R
& 1 & 2 & 3 & 4 & 5 e&a6 e&a7 &8
Cross R foot in front so T of L foot is pointing at R arch. Swivel R and L like seen in riverdance

Flat Double

DS TnDn Ba H Ba
L R L R R
&1 e&a2 & a 3

Flat Roll the Dice

Ds TnDn(xif) Dr Ba Ba Ba TnDn TnDn TnDn R S (3/4 R on Ba's)
L R R L R L R L R L R
&1 e&a2 & 3 & 4 e&a5 e&a6 e&a7 & 8

Nag

DS TnUp(xif) TnUp(x) BA(ots) BA(xif) HD(f)/BA-SL TnDn TnDn RS DS TnDn RS
L R R R L L/R R L R LR L R LR
&1 e&a2 e&a3 & 4 & 5 e&a6 e&a7 &8 &9 e&a10 &11

Short Nag

DS TnUp(xif) TnUp(x) BA(ots) BA(xif) HD(f)/BA-SL TnDn TnDn RS DS TnDn
L R R R L L/R R L R LR L R
&1 e&a2 e&a3 & 4 & 5 e&a6 e&a7 &8 &9 e&a10

Heel Toe Pop

DS Dr/Pop DS(f) Ttch(b)SL Htch (f) SL
L L R R L R L
&1 e &2 & 3 & 4

One of Them

DS DS(xib) R H(pivot ½ R) S R S TnDn R S Sc Sc DS TnDn Sc Sc
L R LR LR L R LR R R L R R R
&1 &2 & 3 & 4 & 5 e&a6 & 7 & 8 &9 e&a10 & 11

Short One of Them

DS DS(xib) R H(pivot ½ R) S R S TnDn R S Sc Sc DS TnDn
L R LR LR L R LR R R L R
&1 &2 & 3 & 4 & 5 e&a6 &7 & 8 &9 e&a10

TnDn

Sk(xif) - Dr(pop) - Slap - S
R L R R
e & a 1

TnUp

Sk Dr(pop) - Slap - Sl/Lift
R L R L/R
e & a 1