

Lonesome Cowboy (P)

Count: 32

Wall: 0

Level: Easy Improver Partner

Choreographer: France Bastien (CAN) & Serge Légaré (CAN) - August 2026

Music: Lonesome Cowboy (feat. Trudy) - Classe Moyenne



Starting position sweetheart Men's and Women's L.O.D

[1-8] M&W: Heel Switch, Step Lock Step, Side, Touch, ¼ Turn Side, Touch, Mambo Side

- 1&2& Heel Right in front – RF next to the LF – Heel left in front – LF next to the RF
3&4 RF in front – LF cross behind (Lock) – RF in front
5&6 LF to left – touch RF next to the LF – ¼ turn to right RF to right
& Touch LF next to the RF
7&8 LF to left – return on RF – LF next to the RF

[9-14] M&W: (Cross & heel Together) x 2, Cross Shuffle, ¼ Turn L Walk, Walk

- 1&2 RF cross in front – LF to left – heel right in front diagonal right
& RF next to the LF
3&4 LF cross in front – RF to right – heel left in front talon diagonal left
& LF next to the RF
5&6 RF cross in front – LF to left – RF cross in front (Cross Shuffle)
7-8 ¼ turn to left LF in front – RF in front

[15-24] M: (Shuffle ½ Turn) x 2, (Walk) x 2, Kick Ball Change

W: (Shuffle ½ Turn) x 2, (Walk) x 2, Kick Ball Cross

- 1&2 M&W: Shuffle ½ turn to right (L.R.L)
Keep your partner's right hand and go over the man's head
3&4 M&W : Shuffle ½ turn to right (R.L.R)
Pass your right hand over your partner's head
5-6 M&W : LF in front – RF in front
7&8 M : Kick LF in front – LF next to the RF – RF in place
W : Kick LF in front – LF next to the RF – RF in front

[25-32] M: Samba Step, Cross Shuffle, (Step Lock Step) x 2, Step

W: Side Together Back, Side Together Step, (Step Lock Step) x 2, Step

- 1&2 M : LF cross in front – RF to right – return on LF
W: LF to left – RF next to the LF – LF behind
Pass your partner's left hand over your partner's head
3&4 M : RF cross in front – LF to left – RF cross in front
W : RF to right – LF next to the RF – RF in front
Take both hands behind the man
5&6 M&W : LF in front – RF cross behind (Lock) – LF in front
& M&W : RF in front
7&8 M&W : LF cross behind (Lock) – RF in front – LF in front
Return to the starting position, sweetheart
Start over from the beginning

Have a good dance!