

Lonestar Bump

TYPE: 4 Wall Line Dance **RATING:** Intermediate
COUNT: 32 **STEPS:** 38
CHOREOGRAPHED BY: Gloria Johnson (July 1995)
MUSIC: "No News" by Lonestar (112 bpm) *Dance works best with the dance mix of the song*
SOURCE: BNA Records – Nashville, Tennessee
AS PRINTED IN: The Dance Card - Nashville, TN (October 15, 1995), BonaFide Country News magazine (February 1996), and Step By Step magazine (March 1996)
NOTE: This dance was written at the express request of John Rich (former Bass player for Lonestar) and field tested by BNA Records. They were preparing to film a dance instruction video when Barry Amatto released the dance N.E.W.S. without the record label's prior knowledge or permission.

STEP DESCRIPTION

SHUFFLE, SHUFFLE & TURN, SHUFFLE BACK, SHUFFLE BACK

1&2 Shuffle forward on RIGHT, LEFT, RIGHT
3&4 Shuffle forward on LEFT, RIGHT, LEFT turning 1/2 turn to the right
5&6 Shuffle backward on RIGHT, LEFT, RIGHT
7&8 Shuffle backward on LEFT, RIGHT, LEFT

HALF PADDLE TURN

9,10 Touch RIGHT heel in front; Turn body to 10:00 o'clock and drop RIGHT toe down to the floor at the same time
11,12 Repeat steps 9 - 10 turning body to 8:00 o'clock
13,14 Repeat steps 9 - 10 again, turning body to 6:00 o'clock
15,16 Stomp RIGHT foot twice and clap hands at the same time

BRUSH TURNS

17 Brush RIGHT foot forward turning body 1/4 turn to the right at the same time
18 Step down on RIGHT foot
19 Brush LEFT foot forward and turn 1/2 turn to the left at the same time
20 Step down on LEFT foot

NO NEWS STRUT (*Wag 1st finger of Right hand in front of you as if you are telling someone "NO NEWS!"*)

21,22 Step forward on RIGHT toe; Drop RIGHT heel to the floor
23,24 Step forward on LEFT toe; Drop LEFT heel to the floor

LONESTAR BUMPS

& Step RIGHT foot to 2 o'clock
25,26 Bump hips forward twice
27,28 Bump hips to the rear twice
& Step RIGHT foot to 5 o'clock
29,30 Bump hips to the rear twice
31,32 Bump hips forward twice

BEGIN DANCE AGAIN

Choreographer Contact Information:



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