

# Long Way Down

**COPPER** **KNOB**  
BY STEPHEN

Count: 64

Wand: 4

Ebene: Easy Intermediate

Choreograf/in: Glenda Silver (AUS) - August 2019

Musik: Long Way Down (Lookin' up from the Bottom) - The Viper Creek Band : (Album: Kickin' Up Dust - iTunes)



**DANCE: Clockwise INTRO: 16 counts from heavy beat on vocals**

**SIDE RIGHT, TOGETHER, SIDE TOUCH, SIDE LEFT TOGETHER SIDE TOUCH \***

1234 Step side R, tog L, side R, touch L beside R  
5678 Step side L, tog R, side L, touch R beside L\* (12.00)

**DOUBLE HIPS, RIGHT & LEFT, SINGLE HIPS**

1234 Double hips R, Double hips L  
5678 Single hips R L R L (12.00)

**TWIST RIGHT & LEFT \*\***

1234 Twist Heels to R, toes R, heels R, clap  
5678 Twist heels to L, toes L, centre, clap \*\* (12.00)

**MONTEREY X 1/4 RIGHT, MONTEREY x 1/2 RIGHT**

1234 Point R to side, turn 900 R, step R tog, touch L to side, step L tog  
5678 Point R to side, turn 1800 R, step R tog, touch L to side, step tog (9.00)

**VINE RIGHT, VINE LEFT**

1234 Step side R, behind L, side R, touch L beside R  
5678 Step side L, behind L, side L, touch R beside L (9.00)

**SIDE RIGHT, TOUCH, 1/4 TURN L, TOUCH, X 2**

1234 Step R to side, touch L beside R, 1/4 turn L on L, touch R beside L  
5678 Repeat above steps (3.00)

**SLOW "V" STEP**

1234 Toe strut 450 R, toe strut 450 L  
5678 Step back centre R, step back centre L (3.00)

**HEEL RIGHT FORWARD, TOE BACK, TOGETHER, HOLD, REPEAT ON LEFT**

1234 Heel R Fwd, R toe back R, replace beside L, hold  
5678 Heel L Fwd, L toe back, L, replace beside R, hold (3.00)

**RESTART: \* Wall 4 (facing 9.00), Dance to count 8**

**FINISH: \*\* Wall 10 (facing 12.00) Dance to count 24**

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