

# The Long Goodbye

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Alison Metelnick (UK)

Musik: Whole Again - Atomic Kitten



When dancing to Lonestar, count as 1-2-3-hold, 5-6-7-hold making it a 64 count dance. Also when danced to Atomic Kitten think of the steps as quick, quick, slow and you will feel the steps

## **RIGHT SYNCOPATED ROCK STEP CROSS BEHIND, LEFT SYNCOPATED ROCK STEP CROSS BEHIND**

1&2 Rock right foot out to right side, recover weight on left, cross step right foot behind left

3&4 Rock left foot out to left side, recover weight on right, cross step left over right

**Please note that while dancing these steps you will be moving backwards**

## **RIGHT BACK COASTER STEP, ½ TURN RIGHT, LEFT FORWARD COASTER STEP**

1&2 Step right foot back, step left foot next to right, step right foot forward

3&4 ½ turn right, step left foot in place, step right foot next to left, step left foot forward

## **RIGHT SAILOR STEP, LEFT CROSS STEP, RIGHT SIDE ROCK CROSS, WEAVE LEFT**

1&2 Cross step right foot behind left, step left foot in place, step right foot to right side

3&4 Cross step left foot over right, step right foot to left side, cross step left foot over right

5&6 Rock right foot out to right side, recover weight on left, cross right foot over left

7&8 Step left foot to left side, cross right foot behind left, step left foot to left side

## **RIGHT COASTER STEP, TURN ¼ RIGHT, LEFT COASTER STEP**

1&2 Step right foot back, step left foot next to right, step right foot forward

3&4 Turn ¼ right, step left foot forward, step right foot next to left, step left foot forward

## **RIGHT LOCK STEP FORWARD, LEFT SYNCOPATED ROCK STEP WITH ½ TURN LEFT**

5&6 Step right foot forward, lock step left foot behind right, step right foot forward

7&8 Rock left foot forward, recover weight on right ½ turn left step left foot forward

## **½ TURN LEFT, RIGHT SHUFFLE BACK, LEFT COASTER STEP**

1&2 Turning ½ left, step right foot back, step left foot next to right, step right foot back

3&4 Step left foot back, step right foot next to left, step left foot forward

## **RIGHT DIAGONAL LOCK STEP, LEFT DIAGONAL LOCK STEP**

5&6 Step right foot forward to right diagonal, lock step left behind right, step right foot forward

7&8 Step left foot forward to left diagonal, lock step right foot behind left, step left foot forward

**You will be moving forward while executing these steps**

**REPEAT**