

Slow Long

Count: 32

Wand: 2

Ebene: Intermediate

Choreograf/in: Harold Grimshaw (UK)

Musik: Slow Goodbye - Verlon Thompson



CROSS ROCK, CHASSE ¼ LEFT, STEP/PIVOT ¾ LEFT, SIDE, DRAG

- 1-2 Cross-step left over right, rock weight back onto right
- 3&4 Step left to left side, step right next to left, step left ¼ left
- 5-6 Step forward on right, pivot ¾ left (weight on left)
- 7-8 Step right to right side (long step), drag left toes next to right

SIDE, DRAG, BACK/CROSS, BACK ¼ LEFT, BACK, FORWARD ½ RIGHT, FORWARD ROCK

- 1-2 Step left to left side (long step), drag right toes next to left
- &3-4 Quick step back on right, cross-step left over right, (turning ¼ left) step back on right
- 5-6 Step back on left, (turning ½ right) step forward on right
- 7-8 Step forward on left, rock weight back onto right

BACK SHUFFLE, MONTEREY ¼ RIGHT/WEAVE

- 1&2 Shuffle back (left, right, left)
- 3-4 Touch right toes to right side, (turning ¼ right) step right next to left
- 5-6 Cross-step left over right, step right to right side
- 7-8 Step left behind right, step right to right side

CROSS ROCK, CHASSE ¼ LEFT, STEP/PIVOT ¾ LEFT, LONG STEP RIGHT, HOLD

- 1-2 Cross-step left over right, rock weight back onto right
- 3&4 Step left to left side, step right next to left, step left ¼ left
- 5-6 Step forward on right, pivot ¾ left (weight on left)
- 7-8 Step right to right side (long step), hold

REPEAT
