A Long Time Coming

Count: 32

Ebene: Intermediate

Choreograf/in: Paul Foxall (UK) - September 2010

Musik: A Change Is Gonna Come - Leela James

The Timing On The Dance Is '1 & a' Count..... Listening To The Track You Should Hear This Beat Throughout...

SECTION 1

 stepping forward on right, sweep left foot around over right to face 6 o'clock. 8 & a 1 Run forward left, right, left, rock forward onto right foot. SECTION 2 2 & a 3 Recover weight onto left, step right next to left, run forward left, right. 4 & a 5 Step left across right, make ¼ turn left stepping back on right, step back left, rock back on to right foot. 6 & a 7 Recover weight onto left foot, make ½ turn left stepping back on right, step back left, step back right. 8 & a 1 Shuffle forward left, right, left, make ½ turn left stepping right to right side hitching left knee up SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 8 & a 1 Swy hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ¼ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 	1	Step right foot across left foot as you sweep left foot around from back to front.
 stepping left to left side, cross right over left. 6 & a 7 Step left foot to left side, step right next to left, step left over right foot, make 1/3 of a turn righ stepping forward on right, sweep left foot around over right to face 6 o'clock. 8 & a 1 Run forward left, right, left, rock forward onto right foot. SECTION 2 2 & a 3 Recover weight onto left, step right next to left, run forward left, right. 3 & a 5 Step left across right, make ¼ turn left stepping back on right, step back left, rock back on to right foot. 8 & a 1 Shuffle forward left, right, left, make ¼ turn left stepping back on right, step back left, step back right. 8 & a 1 Shuffle forward left, right, left, make ¼ turn left stepping right to right side hitching left knee up SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right oright side. 8 & a 1 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 5 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ¼ a turn left, make ¼ turn left stepping left to left side, step right across left, weeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 8 a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of righ	2&a3	Run forward left, right, left. Step right foot to right side turning ¼ turn left,
 stepping forward on right, sweep left foot around over right to face 6 o'clock. 8 & a 1 Run forward left, right, left, rock forward onto right foot. SECTION 2 2 & a 3 Recover weight onto left, step right next to left, run forward left, right. 4 & a 5 Step left across right, make ¼ turn left stepping back on right, step back left, rock back on to right foot. 6 & a 7 Recover weight onto left foot, make ½ turn left stepping back on right, step back left, step back right. 8 & a 1 Shuffle forward left, right, left, make ¼ turn left stepping right to right side hitching left knee up SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left across right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ¼ a turn left, stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step right across left, sweeping left out and across right. 	4 & a 5	
 SECTION 2 2 & a 3 Recover weight onto left, step right next to left, run forward left, right. 4 & a 5 Step left across right, make ¼ turn left stepping back on right, step back left, rock back on to right foot. 6 & a 7 Recover weight onto left foot, make ½ turn left stepping back on right, step back left, step back right. 8 & a 1 Shuffle forward left, right, left, make ¼ turn left stepping right to right side hitching left knee up SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left aidonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right making left. Step left to left side, step right across right, back on right (slightly hooking left foot up in front of right) 8 & a 	6&a7	Step left foot to left side, step right next to left, step left over right foot, make 1/3 of a turn right stepping forward on right, sweep left foot around over right to face 6 o'clock.
 2 & a 3 Recover weight onto left, step right next to left, run forward left, right. 4 & a 5 Step left across right, make ¼ turn left stepping back on right, step back left, rock back on to right foot. 6 & a 7 Recover weight onto left foot, make ½ turn left stepping back on right, step back left, step back right. 8 & a 1 Shuffle forward left, right, left, make ¼ turn left stepping right to right side hitching left knee up SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a 	8 & a 1	Run forward left, right, left, rock forward onto right foot.
 4 & a 5 Step left across right, make ¼ turn left stepping back on right, step back left, rock back on to right foot. 6 & a 7 Recover weight onto left foot, make ½ turn left stepping back on right, step back left, step back right. 8 & a 1 Shuffle forward left, right, left, make ¼ turn left stepping right to right side hitching left knee up SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left coleft side, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left oleft side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left behind right, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 	SECTION 2	
 right foot. 6 & a 7 Recover weight onto left foot, make ½ turn left stepping back on right, step back left, step back right. 8 & a 1 Shuffle forward left, right, left, make ¼ turn left stepping right to right side hitching left knee up SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right neght behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right making ½ a turn left, stepping left across right, back on right neght left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a 8 & a 8 & a 8 & a 9	2&a3	Recover weight onto left, step right next to left, run forward left, right.
 back right. 8 & a 1 Shuffle forward left, right, left, make ¼ turn left stepping right to right side hitching left knee up SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ¼ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left to left side, step right across right, back on right (slightly hooking left foot up in front of right) 	4&a5	
 SECTION 3 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left behind right, step right to right side, step left to right side, step back on right (slightly hooking left foot up in front of right) 	6&a7	
 2 & a 3 Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right (slightly hooking left to left side, step right to left side, step right to left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left behind right, step right to right side, step left across right. 	8&a1	
 left around from front to back. 4 & a 5 Step left behind right, right to right side, step left across right, step right to right side. 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left to left side, step right across left, step left across right.	SECTION 3	
 6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side. 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left behind right, step right to right side, step left across right. 	2&a3	Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back.
 8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor) Step right to right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left behind right, step right to right side, step left across right. 	4&a5	Step left behind right, right to right side, step left across right, step right to right side.
 right side, dragging left towards right. SECTION 4 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 8 & a Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 	6&a7	Step left across right, step right to right side, step left behind right, step right to right side.
 2 & a 3 Make a full rolling turn left stepping left forward into ¼ turn left, stepping back on right making ½ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left behind right, step right to right side, step left across right. 	8&a1	
 ½ a turn left, make ¼ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal) 4 & a 5 Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left. 6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left behind right, step right to right side, step left across right. 	SECTION 4	
 left. 6 & a 7 8 & a Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right) 8 & a Step left behind right, step right to right side, step left across right. 	2&a3	Make a full rolling turn left stepping left forward into $\frac{1}{4}$ turn left, stepping back on right making $\frac{1}{2}$ a turn left, make $\frac{1}{4}$ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal)
 hooking left foot up in front of right) 8 & a Step left behind right, step right to right side, step left across right. 	4&a5	Make a quarter turn left, stepping left across right, back on right 1/8, back on left, right behind left.
	6&a7	
Start again	8 & a	Step left behind right, step right to right side, step left across right.
	Start again	





Wand: 4