

# Long Distance

Count: 32

Wall: 4

Level: Improver / Intermediate

Choreographer: Tony Myers (UK) - December 2012

Music: Long Distance - Melanie Amaro



## 32 count intro

### Cross, Point : Side Chasse : Cross Rock, Recover : Sailor ¼ Turn

- 1 2 Cross left over right (1) Point right to side (2)  
3&4 Turn ¼ right stepping forward on right (3) Turn ½ right stepping back on left (&) Turn ¼ right stepping right to side (4)( OR. Step right to side (1) Step left next to right (&) Step right to side (4))  
5 6 Rock left across right (5) Recover on right (6)  
7&8 Step left behind right (7) Turn ¼ left stepping right to side (&) Step left to side (8) (9:00)

### Side Strut : Cross shuffle : Turn, Hook : Left Shuffle

- 1 2 Touch right toes to right side (1) Step down on right (2)  
3&4 Cross left over right (3) Step right to side (&) Cross left over right (4)  
5 6 Turn ¼ left stepping back on right (5) Hook left over right shin (6) (6:00)  
7&8 Step forward on left (7) Step right with left (&) Step forward on left (8)

### Sway R, L : Coaster step ; Sway L, R : Behind, Turn, Step

- 1 2 Step right to side swaying right (1) Sway to left (2)  
3&4 Step back on right (3) Step left next to right (&) Step forward on right (8)  
5 6 Step left to side swaying left (5) Sway to right (6)  
7&8 Step left behind right (7) Turn ¼ right step forward on right (&) Step forward on left (8) (9:00)

### Side, Behind : Kick Ball Cross : Point, Hitch : Step, Turn, Step

- 1 2 Step right to side (1) Step left behind right (2)  
3&4 Kick right forward (3) Step down on right (&) Cross left over right (4)  
5 6 Point right to side (5) Hitch right knee slightly forward (6)  
7&8 Step forward on right (7) Pivot ½ turn left (&) Step forward on right (8) (3:00)

### TAG: At the end of wall 10 (you will be facing 6:00) do this 4 count tag:-

- 1 2 Cross left over right (1) Step back on Right (2)  
3 4 Turn ¼ left stepping left to side (3) Step right to side (4)

You will be back on the 3:00 wall

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