

# Long Distance

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Dan Morrison (CAN) - December 2012

Music: Long Distance - Melanie Amaro



**Intro: 32 Counts, start on the word "Ceiling"**

## **Shuffle, Rock-Step, Shuffle, Rock-Step**

1&2 Step R side R (1) Step L beside R (&) Step R side R (2)  
3-4 Step L over R (3) Step R in place (4)  
5&6 Step L side L (5) Step R beside L (&) Step L side L (6)  
7-8 Step R over L (7) Step L in place (8)

## **1/4 Shuffle, 1/2 Pivot, Oz Step**

1&2 Step R side R (1) Step L beside R (&) Step R 1/4 R (2)  
3-4 Step L forward (3) 1/2 Pivot R, wt. on R (4)  
5-6& Step L forward (5) Lock R behind L (6) Step L beside R (&)  
7-8& Step R forward (7) Lock L behind R (8) Step R beside L (&)

## **Cross, Side, Sailor, Cross, Side, Behind-Ball-Cross**

1-2 Step L over R (1) Step R side R (2)  
3&4 Step L behind R (3) Step R beside L (&) Step L side L (4)  
5-6 Step R over L (5) Step L side L (6)  
7&8 Step R behind L (7) Step L side L (&) Step R over L (8)

## **Step, Sailor, Coaster, 1/2 Pivot, Scissor**

1 Step L side L  
2&3 Step R behind L (2) Step L beside R (&) Step R side R (3)  
4&5 Step L back (4) Step R beside L (&) Step L forward (5)  
6 1/2 Pivot R, wt on R  
7&8 Step L side L (7) Step R beside L (&) Step L over R (8)

**TAG: End of wall 10 (6 o'clock), add Tag, then Start again.**

## **Rock-Step, Rock-Step**

1-4 Step R side R (1) Step L in place (2)  
3-4 Step R behind L (3) Step L in place (4)

**HAVE FUN AND ENJOY**

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