

# Long Pride

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Adriano Castagnoli (IT) - February 2015

**Musique:** Neal McCoy - It's Gonna Take A Little Bit Longer



---

## **RIGHT SIDE, STOMP UP, LEFT SIDE, SCUFF, JAZZ BOX RIGHT, STOMP UP**

- 1-2 Step Right To Right Side, Stomp Up Left Beside Right
- 3-4 Step Left To Left Side, Scuff Right Beside Left
- 5-6 Cross Right Over Left, Step Left Back
- 7-8 Step Right To Right Side, Stomp Up Left Beside Right

## **KICK FORWARD, STOMP UP, KICK SIDE, STOMP UP, HEEL SWITCHES (LEAD LEFT) AND FLICK UP BACK**

- 1-2 Kick Left Forward, Stomp Up Left Beside Right
- 3-4 Kick Left To Left Side, Stomp Up Left Beside Right
- 5-6 Touch Left Heel Forward, Step Left Beside Right
- 7-8 Touch Right Heel Forward, Flick Up Back Right

## **GRAPEVINE RIGHT, POINT LEFT, TURN 1/4 LEFT AND HEEL STRUT LEFT, STOMP (TWICE)**

- 1-2 Step Right To Right Side, Cross Left Behind Right
- 3-4 Step Right To Right Side, Point Left To Left Side
- 5-6 Turn 1/4 Left And Touch Left Heel Forward, Drop Left To Taking Weight
- 7-8 Stomp Up Right Beside Left, Stomp Right Forward

## **HEELS FAN, ROCK BACK RIGHT, PIVOT 1/2 LEFT (TWICE)**

- 1-2 Swivel Both Heels To Right Side, Return Both Heels To Centre
- 3-4 Rock Back On Right, Return On Left
- 5-6 Step Right Forward, Pivot 1/2 Turn Left
- 7-8 Repeat 5-6

## **REPEAT**

---