

# For The Longest Time

**COPPER KNOB**  
STEP SHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Roosamekto Mamek (INA) - May 2020

**Musique:** The Longest Time - The Overtones



**Intro: 16 count**

## **S1. SIDE, TOUCH, HALF BOX**

1&2& Step R to side – Touch L together – Step L to side – Touch R together  
3&4 Step R to side – Step L together – Step R forward (12:00)  
5&6& Step L to side – Touch R together – Step R to side – Touch L together  
3&4 Step L to side – Step R together – Step L back

## **S2. COASTER STEP, FORWARD LOCK SHUFFLE, JAZZ BOX CROSS TURN 1/4 RIGHT**

1&2 Step R back – Step L together – Step R forward (12:00)  
3&4 Step L forward – Lock R behind L – Step L forward  
5-8 Cross R over L – Turn 1/4 right step L back – Step R to side – Cross L over R (3:00)

## **S3. SIDE ROCK, RECOVER, SIDE CHASSE**

1-2 Rock R to side – Recover on L (3:00)  
3&4 Step R to side – Step L together – Step R to side  
5-6 Rock L to side – Recover on R  
3&4 Step L to side – Step R together – Step L to side (3:00)

## **S4. KICK CROSS OVER, SIDE STEP, SWITCH TOUCHES FORWARD, PADDLE TURN 1/4 LEFT (2X)**

1&2& Kick R cross over L – Step R to side – Kick L cross over R – Step L to side (3:00)  
3&4& Touch R toes forward – Step R together – Touch L toes forward – Step L together  
5-8 Step R forward – Turn 1/4 left (12:00) – Step R forward – Turn 1/4 left (9:00)

**REPEAT**

**RESTART : On wall 3 after 16 count**

**For more info about step sheet & song, please contact:**

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