

Long Time Gone

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Pat Stott (UK) - August 2013

Musique: Long Time Gone - Nathan Carter



(21 secs intro - Start on vocals)

Restart/Tag: There is one Restart during Wall 2 and a short Tag after Wall 4

Section 1: Side Strut, Back Rock (x 2)

- 1 – 2 Step right toe to right side. Drop right heel taking weight.
- 3 – 4 Rock left back on slight left diagonal. Recover onto right squaring up to wall.
- 5 – 6 Step left toe to left side. Drop left heel taking weight.
- 7 – 8 Rock right back on slight right diagonal. Recover onto left squaring up to wall.

Styling Let arms naturally swing back on the back rock.

Section 2: Grapevine 1/2 Turn With Hitch, Grapevine With Hitch

- 1 – 2 Step right to side. Turn 1/4 right stepping left behind right.
- 3 – 4 Turn 1/4 right stepping right to side. Hitch left.
- 5 – 7 Step left to side. Cross right behind left. Step left to side. (6:00)
- 8 Hitch right, angling body to left diagonal.

Section 3: Cross Rock, Step, Hitch (x 2)

- 1 – 3 To left diagonal, cross rock right over left. Recover onto left. Step right forward.
- 4 Hitch left, turning towards right diagonal.
- 5 – 7 To right diagonal, cross rock left over right. Recover onto right. Step left forward.
- 8 Hitch right, squaring up to wall. (6:00)

Section 4: Step, 1/4, Step, 1/2, Run x 4

- 1 – 2 Step down on right. Hitch left turning 1/4 left.
- 3 – 4 Step down on left. Hitch right turning 1/2 left. (9:00)
- 5 – 8 Run forward - right, left, right, left (slightly bending knees then coming up again).

Section 5: Forward Rock, Side Rock, Back Rock, Step, Hold

- 1 – 4 Rock right forward. Recover onto left. Rock right to right side. Recover onto left.
- 5 – 8 Rock right back. Recover onto left. Step right forward. Hold.

Section 6: Step, Pivot 1/2, Step, Hold (x 2)

- 1 – 4 Step left forward. Pivot 1/2 turn right. Step left forward. Hold and clap.
- 5 – 8 Step right forward. Pivot 1/2 turn left. Step right forward. Hold and clap.

Section 7: Rumba Box With Hitch

- 1 – 4 Step left to left side. Step right beside left. Step left forward. Hold.
- 5 – 8 Step right to right side. Step left beside right. Step right back. Hitch left.

Section 8: Coaster Step, Hold, Rocking Chair

- 1 – 4 Step left back. Step right beside left. Step left forward. Hold.

** Restart: Wall 2: Start the dance again (facing 6:00).

- 5 – 8 Rock right forward. Recover onto left. Rock right back. Recover onto left.

Tag: End of Wall 4: Rocking Chair

- 1 – 4 Rock right forward. Recover onto left. Rock right back. Recover onto left.

Ending Following right toe strut, step left to side, arms out, and pose.

Note Dance goes in and out of phrasing after Wall 5 but just dance through.
Also hitches can be danced with a little hop on supporting foot, Cajun skip style!
