

# Long Stretch

COPPERKNOB  
BY STEPHEN

拍数: 32      墙数: 2      级数: Improver  
编舞者: Melanie Cheever (USA) & Bill McGee (USA) - April 2015  
音乐: Long Stretch of Love - Lady A



#16 count intro:

OR: Happy feat. Derek Martin by C2C - 32 count intro:

Moving towards 3:00

**[1-8] Shuffle R,L,R turning ¼ L, Shuffle L,R,L turning ½ L, Shuffle R,L,R turning ¼ L. Behind and Cross**

1&2      Shuffle R-L-R to right with 1/4 turn left (facing 9:00)  
3&4      Shuffle L-R-L continuing toward 3:00 with 1/2 turn left (facing 3:00)  
5&6      Shuffle R-L-R continuing toward 3:00 with 1/4 turn left (facing 12:00)  
7&8      Step L behind R, Step R on R, Cross L over R

**[9-16] Stomp R to R, Hold, And, Cross, And, Behind, Big step, Drag, 1/4 sailor step**

1-2      Step R on R, Hold  
&3&4      Step L next to R, Cross R over L, Step L on L, Cross R behind L  
5-6      Big step L on L, Drag R toward L (weight on L)  
7&8      Step Back on R, Step L next to R starting 1/4 turn R, Step R on R finishing 1/4 turn R (facing 3:00)

**[17-24] Scuff, Hook, Scuff, Hitch, Shuffle back x2**

1&2&      Scuff L next to R, Hook L over R shin, Scuff L, Hitch  
3&4      Shuffle back L,R,L  
5&6&      Scuff R next to L, Hook R over L shin, Scuff R, Hitch R,  
7&8      Shuffle back R,L,R

**[25-32] Rock, And, Rock, And, Rock. And, Shuffle fwd, Step, Step, Turn, Cross**

1&2&      Rock back on L, Recover on R, Rock fwd on L, Recover on R  
3&4&5      Rock back on L, Recover on R, Shuffle fwd L,R,L  
6      Step fwd on R  
7&8      Step fwd on L, Turn 1/4 turn R on R, Cross L over R (facing 6:00)

Contact - [bill\\_mcgee1@bellsouth.net](mailto:bill_mcgee1@bellsouth.net)

Last Update - 7th May 2015