

Long Time Gone

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Gavin Preedy (UK) - May 2015
音乐: Long Time Gone - Nathan Carter



#64 count intro

Section One: Point left toe out, in, out, hold, behind, side, cross, hold.

- 1-2 point Left toe out, touch left beside right.
- 3-4 point left toe out, hold.

Restart here on wall 8 replacing count 4 with a touch left beside right.

- 5-6 step left foot behind right, step right foot to right side.
- 7-8 cross left foot over right, hold.

Section Two: Point right toe out, in, out, hold behind, side, cross hold.

- 1-2 point right toe out, touch right beside left.
- 3-4 point right toe out, hold.
- 5-6 step right foot behind left, step left foot to left side.
- 7-8 cross right foot over left, hold.

Section Three: Side together, step forward left, hold. Right shuffle forward, hold.

- 1-2 step left foot to left side, close right foot next to left.
- 3-4 step left foot forward, hold
- 5-6 step right foot forward, close left foot next to right.
- 7-8 step right foot forward, hold.

Section Four: Left mambo forward, right sailor 1/4 turn right.

- 1-2 rock left foot forward, recover weight onto right.
- 3-4 close left foot next to right, hold

Restart here replacing count 4 with step back onto right foot.

- 5-6 make a 1/4 turn right by sweeping right behind left. Step down onto right foot.
- 7-8 step left foot to left side, step right foot to right side.

Restarts: both at 9 o'clock

Wall 4. Section 4. - Replace count 4 for a step back onto right foot then Restart the dance.

Wall 8. Section 1. - Replace count 4 for touch left foot beside right then Restart the dance.

Contact: Mrgavinterrypreedy@aol.com