埥数： 0
级数：Phrased Intermediate
编舞者：Jennifer Jou（TW）－July 2015
音乐：＂Long time no see I＂by Koyanagi Rumiko


## Introduction ： 16 counts

A ： 32 counts $B: 36$ conuts $C: 36$ counts $D: 40$ counts Tag ： 36 counts
Sequence ：A／A／B／C／D／Tag／A／A／B／C／D／D／End
［［ Part A ： 32 counts ］］
Section A1 ：［1－8］$\square$ BACK，RECOVER，SIDE POINT，FORWARD，FORWARD，RECOVER，SIDE POINT， BACK
1－4 Rock RF back，recover onto LF，point RF to right side，step RF forward
5－8 Rock LF forward，recover onto RF，point LF to left side，step LF back

## Section A2 ：［9－16］$\square C R O S S$ BEHIND，RECOVER，CHASSE RIGHT，CROSS BEHIND，RECOVER， CHASSE LEFT

1－2 Cross rock RF behind LF，recover onto LF
3\＆4 Step RF to right side，step LF close to RF，step RF to right side
5－6 Cross rock LF behind RF，recover onto RF
7\＆8 Step LF to left side，step RF close to LF，step LF to left side
Section A3 ：［17－24］D（TOUCH，HEEL，SHUFFLE FORWARD）＊2
1－2 Touch R toe beside LF，brush right heel forward
3\＆4 Step RF forward，cross step LF behind RF，step RF forward
5－6 Touch $L$ toe beside RF，brush left heel to forward
7\＆8 Step LF forward，step RF next to LF，step LF forward
Section A4 ：［25－32］DFORWARD，RECOVER， $1 / 2$ TURN RIGHT，SHUFFLE FORWARD，FORWARD WALKS，SHUFFLE FORWARD

| $1-2$ | Step RF forward，recover onto LF |
| :--- | :--- |
| $3 \& 4$ | Make 1／2 turn right stepping RF forward，step LF next to RF，step RF forward（6：00） |
| $5-6$ | Walk forward on RF，walk forward on LF |
| $7 \& 8$ | Step LF forward，cross step RF behind LF，step LF forward |

［［ Part B ： 36 counts ］］
Section B1 ：［1－8］（CROSS OVER，POINT）＊2，FORWARD，RECOVER，TOGETHER，STEPS IN PLACE
1－2 Cross step RF over LF，point LF to left side
3－4 Cross step LF over RF，point RF to right side
5－6 Rock RF forward，recover onto LF
7\＆8 Step RF next to LF，step LF in place，step RF in place
Section B2 ：［9－16］（CROSS BEHIND，POINT）＊2，BACK，RECOVER，TOGETHER，STEPS IN PLACE
1－2 Cross step LF behind RF，point RF to right side，
3－4 Cross step RF behind LF，point LF to left side
5－6 Rock LF back，recover onto RF
7\＆8 Step LF next to RF，step RF in place，step LF in place
Section B3 ：［17－24］$\square C R O S S, 1 / 4$ turn RIGHT，BACK，TOGETHER，HIPS BACK，KICK，HOOK，CHASSE RIGHT
1－4 Cross step RF over LF，make $1 / 4$ turn right stepping LF back，step RF next to LF and bend both knees，straighten both knees pushing hips backward（3：00）

Section B4 ：［25－32］$\square$ CROSS， $1 / 4$ TURN LEFT，BACK，TOGETHER，HIPS BACK，KICK，HOOK，CHASSE LEFT
1－4 Cross step LF over RF，make 1／4 turn left stepping RF back，step LF next to RF and bend both knees，straighten both knees pushing hips backward（12：00）
5－6 Cross kick LF over RF，hook LF in front of RF
7\＆8 Step LF to left side，step RF next to LF，step LF to left side
Section B5 ：［33－36］口SWAY＊4（R－L－R－L）
1－4 Sway to the right，sway to the left，sway to the right，sway to the left
［［ Part C ： 36 counts ］］
Section C1：［1－8］口WEAVE， $1 / 4$ TURN LEFT，FORWARD，PIVOT 3／4 TURN LEFT，CHASSE RIGHT
1－4 Cross step RF over LF，step LF to left side，cross step RF behind LF，step LF to left side
5－6 Make 1／4 turn left stepping RF forward，pivot 3／4 turn left with weight on RF（12：00）
7\＆8 Step RF to right side，step LF next to RF，step RF to right side

Section C2 ：［9－16］$\square W E A V E, 1 / 4$ TURN RIGHT，FORWARD，PIVOT 3／4 TURN RIGHT，CHASSE LEFT
1－4 Cross step LF over RF，step RF to right side，cross step LF Behind RF，step RF to right side
5－6 Make 1／4 turn right stepping LF forward，pivot 3／4 turn right with weight on LF（12：00）
7\＆8
Step LF to left side，step RF next to LF，step LF to left side

Section C3 ：［17－24］$\square$ FORWARD TOE STRUT＊2，FORWARD WALKS
1－4 Point right toe forward，drop right heel to floor，point left toe forward，drop left heel to floor
5－8 Walk forward on RF，walk forward on LF，walk forward on RF，walk forward on LF

Section C4 ：［25－32］$\square$ MONTEREY 1／2 TURN RIGHT＊2
1－4 Point RF to right side，make $1 / 2$ turn right stepping RF next to $L F$ ，point $L F$ to left side，step LF next to RF（6：00）
5－8 Point RF to right side，make 1／2 turn right stepping RF next to LF，point LF to left side，step LF next to RF（12：00）

Section 5 ：［33－36］$\square S W A Y * 4$（R－L－R－L）
1－4 Sway to the right，sway to the left，sway to the right，sway to the left

Part D： 40 counts
Section D1 ：［1－8］口SWAY＊4（R－L－R－L），SWAY＊4（R－L－R－L）
1－4 Sway to the right，sway to the left，sway to the right，sway to the left
5－8 Repeat 1－4
Section D2 ：［9－16］$\square$ STEP IN PLACE，LEFT DIAGONAL TOUCH，HIP BUMPS RIGHT 3 TIMES，STEP IN PLACE，RIGHT DIAGONAL TOUCH，HIP BUMPS LEFT 3 TIMES
1－4 Step RF in place，touch LF forward on left diagonal and bump hips to the right 3 times
5－8
Step LF in place，touch RF forward on right diagonal and bump hips to the left 3 times
Section D3 ：REPEAT Section 1
［17－24］$\square S W A Y$＊4（R－L－R－L），SWAY＊4（R－L－R－L）
Section D4 ：REPEAT Section 2
［25－32］$\square$ STEP IN PLACE，LEFT DIAGONAL TOUCH，HIP BUMPS RIGHT 3 TIMES，STEP IN PLACE， RIGHT DIAGONAL TOUCH，HIP BUMPS LEFT 3 TIMES

Section D5 ：［33－40］$\square$ TOUCH， $1 / 2$ TURN LEFT，FLICK，FWD SHUFFLE，FWD STEP， $1 / 2$ TURN RIGHT， TOGETHER，HOLD
1－2 Touch RF forward，make 1／2 turn left flicking RF behind LF（6：00）
3\＆4
Step RF forward，cross step LF behind RF，step RF forward

## [[ Tag : 36 counts ]]

Section T1 : [1-8] BBACK ROCK, RECOVER, RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD, RIGHT SHUFFLE FORWARD<br>1-2 Rock RF back, recover onto LF<br>3\&4 Step RF forward, step LF next to RF, step RF forward<br>5\&6 Step LF forward, step RF next to LF, step LF forward<br>7\&8 Step RF forward, step LF next to RF, step RF forward

##  SHUFFLE BACK

1-2 Rock LF forward, recover onto RF
3\&4 Step LF back, step RF next to LF, step LF back
5\&6 Step RF back, step LF next to RF, step RF back
7\&8 Step LF back, step RF next to LF, step LF back

## Section T3 : [17-24] DROCKING CHAIR, PADDLE $1 / 4$ TURN LEFT *2

1-4 Rock RF forward, recover onto LF, Rock RF back, recover onto LF
5-6 Step RF forward, make $1 / 4$ turn left stepping LF in place (9:00)
7-8 Step RF forward, make $1 / 4$ turn left stepping LF in place (6:00)

## Section T4 : Repeat Section 3



## Section T5 : [33-36] $\square$ SWAY *4 (R-L-R-L)

1-4 Sway to the right, sway to the left, sway to the right, sway to the left
[[ Ending : 8 counts ]]
E[1-8]D(CROSS, RECOVER, SIDE) *2, HIP BUMPS(R-L), HIP BUMPS(R-L-R)
1\&2 Cross step RF over LF, recover onto LF, step RF to right side
3\&4 Cross step LF over RF, recover onto RF, step LF to left side
5-6 Bump hip right, bump hip left
7\&8 Bump hip right, bump hip left, bump hip right
Enjoy!!
Contact : chou450819@yahoo.com.tw

