

# Long Stretch

拍数: 48      墙数: 4      级数: Improver / Intermediate  
编舞者: Tony Myers (UK) - July 2015  
音乐: Long Stretch of Love - Lady A



Fast 'Dance Her Home' by the Cody Johnson Band  
Slower 'Long stretch of Love' by Lady Antebellum

Intro 'Lady Antebellum' 16 counts. - 'Cody Johnson' 32 counts. Both on vocals.

## Cross Shuffle: Right Shuffle Back: ¼ Chasse Left: ¼ Shuffle Back

1&2      Cross left over right(1) Step right to side(&) Cross left over right(2)  
3&4      Step back on right(3) Step left with right(&) Step back on right(4)  
5&6      Step left to side(5) Step right next to left(&) Turn ¼ left stepping forward on left(6) (9:00)  
7&8      Turn ¼ left stepping back on right(7) Step left next to right(&) Step back on right(8) (6:00)

## Step Forward, Touch, Step Back: Sailor Step: Touch Forward, Side: Sailor Turn

1&2      Step left forward(1) Touch right to left heel(&) Step back on right(2)  
3&4      Step left behind right(3) Step right to right side(&) Step left to left side(4)  
5 6      Touch right across left(5) Touch right to right side(6)  
7&8      Step right behind left(7) Turn ¼ right stepping left to left side(&) Step right to side(8) (9:00)

## Mambo Forward: Coaster Step: Step, Turn, Step: Rock, Turn, Cross

1&2      Rock forward on left(1) Recover on right(&) Step back on left(2)  
3&4      Step back on right(3) Step left with right(&) Step forward on right(4)  
5&6      Step forward on left(5) Pivot ½ turn right(&) Step forward on left(6) (3:00)  
7&8      Rock right to right side(7) Recover on left turning ¼ left(&) Cross right over left(8) (12:00)

## Side Rock, Recover: Behind, Turn, Step: Pivot Turn: Point & Point

1 2      Rock left to side(1) Recover on right(2)  
3&4      Step left behind right(3) Turn ¼ right stepping forward on right(&) Step forward on left(4)  
(3:00)  
5 6      Step forward on right(5) Pivot ½ turn left(6) (9:00)  
7&8      Point right to right side(7) Step right next to left(&) Point left to left side(8)#restarts

## Cross & Heel: & Rock Recover: Shuffle Turn: Step Side, Touch

1&2      Cross left over right(&) Step back on right(&) Dig left heel forward(2)  
&34      Step left with right(&) Rock forward on right(3) Recover on left(4)  
5&6      Turn 3/8 right step right to side(5) Step left with right(&) Turn 3/8 right step right forward(6)  
(6:00)  
7 8      Step left to side(7) Touch right to left instep(8)

## Touch Back, Unwind: Kick, Out, Out: Touch & Touch: & Sway Left, Right

1 2      Touch right toes back(1) Turn ¼ right stepping onto right(2) (9:00)  
3&4      Kick left forward(3) Step out on left(&) Step out on right(4)  
5&6      Touch left toes forward(5) Step left next to right(&) Touch right toes forward(6)  
&78      Step right next to left(&) Step left to left side, sway to left(7) Sway weight back onto right(8)

#Restart For Lady Antebellum walls 3 & 5 after 32 counts restart dance facing 3:00 & 9:00

Finish for Lady Antebellum. Start wall 7 facing 6:00 dance first 16 counts but don't turn the sailor on counts 15 & 16 to end on front wall.

#Restart For Cody Johnson Band Wall 4 after 32 counts restart dance facing 12:00

Finish for Cody Johnson Band. Start wall 7 facing 6:00 dance first 4 counts then turn ½ left stepping forward on left to end facing front wall

Have Fun.....[tonymyers@live.co.uk](mailto:tonymyers@live.co.uk)

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