Long Days



编舞者: Marita Torres (ES) - 2009 音乐: Lucky Lips - Cliff Richard



ROCK FORWARD, ROCK BACK, ROCK SIDE, TOE STRUT

1 RF rock forward
2 recover to LF
3 RF rock back
4 recover to LF
5 RF rock right side
6 recover to LF
7 toe R forward

8 RF next to left (snaps)

ROCK FORWARD, ROCK BACK, ROCK SIDE, TOE STRUT

1 LF rock forward
2 recover to RF
3 LF rock back
4 recover to RF
5 LF rock left side
6 recover to LF
7 toe L forward

8 LF next to right (snaps)

KICK BALL CHANGE X 2, STEP 1/4 LEFT TURN, SHUFFLE FORWARD

RF kick forward 1 & Step R beside left 2 LF in place 3 RF kick forward & Step R beside left 4 LF in place 5 RF forward 6 1/4 turn left

7 RF forward & LF behind right

8 RF forward

STEP FORWARD, TOUCH, STEP BACK TOUCH, OUT, OUT- IN, IN

1 LF forward

2 RF touch next to left

3 RF back

4 LF touch next to right

& RF to rightLF to leftHold

& RF to centerLF to center

8 hold

Tag: After the 4th wall, 16 counts
GRAPEVINE RIGHT SCUFF, GRAPEVINE LEFT SCUFF

1	RF to right
2	LF behind right
3	RF to right
4	LF scuff
5	LF to left
6	RF behind left
7	LF to left
8	LF scuff

Back to start