

# Long Breakdown

拍数: 88      墙数: 1      级数: Intermediate  
编舞者: Marilù Teseo (IT) - March 2016  
音乐: Gonna Know We Were Here - Jason Aldean



## S1: TOUCH, TOUCH, SHUFFLE CROSS, TOUCH, TOUCH, SAILOR CROSS

1-2      Cross Right Toe To Left Foot, Touch Right Toe To Right  
3&4      Cross Right Over Left E Cha-Cha To Left  
5-6      Cross Left Toe To Right Foot, Touch Left Toe To Left  
7&8      Left Sailor Cross

## S2: SIDE TOUCH, TURN, COASTER STEP, SHUFFLE STEP, PADDLES TURNS

1-2      Touch Right Toe To Right And Turn  $\frac{1}{4}$  To Right  
3&4      Right Coaster Step  
5&6      Left Shuffle Frw  
7&8      Touch Right Toe To Right And Turn  $\frac{1}{8}$  To Left, Touch Right Toe To Right And Turn  $\frac{1}{8}$  To Left

## S3 & S4: REPEAT SECTS. 1 & 2

## S5: STEP, TOUCH, STEP TOUCH (2)

1-2      Step To Right And Touch Left Beside Right  
3-4      Step To Left And Touch Right Beside Left  
5-8      Repeat 1-4

## S6: VINE, HEEL TOUCH, CROSS, TURNS, SHUFFLE STEP

1-2      Step Right To Right, Cross Left Behind Right  
&3&4      Right To Right & Heel Touch Left, Left On Left & Cross Right Over Left (Weight On Right)  
5-6      Turn  $\frac{1}{4}$  To Right Left Back, Turn  $\frac{1}{2}$  To Right, Right Foot Forward  
7-8      Left shuffle Step Forward

## S7: MAMBO ROCK, STEPS BACK, POINT, TURN, KNEE POPS

1&2      Right Rock Forward, Recover Left And Step Right Back  
3-4      Left Step Back, Right Step Back  
5-6      Point Left Toe Beside Right Foot, Turn  $\frac{1}{4}$  To Left  
&7&8      Weight On Both Feet And Bend Knees Lifting Heel Off Floor, Put Heels Back On Floor

## S8 & S9: REPEAT FROM SECTIONS 4 TO 5 (S2 and S5)

## S10: STEP AND TOUCH (2)

1-4      Step Right To Right And Touch Left Beside Right  
5-8      Step Right To Right And Touch Left Beside Right

## S11: MONTEREY TURNS (2)

1-4      Touch Right Toe To Right, Turn  $\frac{1}{4}$  Right, Touch Left Toe To Left, Step Left Next To Right  
5-8      Touch Right Toe To Right, Turn  $\frac{1}{4}$  Right, Touch Left Toe To Left, Step Left Next To Right

Contact: [www.italiancountryfamily.com](http://www.italiancountryfamily.com) - [marilu.teseo@alice.it](mailto:marilu.teseo@alice.it)