

Long Goodbye

COPPERKNOB
BYEPOSTETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Daniel Whittaker (UK) - March 2017
音乐: The Long Goodbye - Ronan Keating : (4:47)



NOTE: There are NO Tags Or Restarts
START: 32 Count intro (approx 27 seconds)

[1-8] Side L, Rock Recover Side, Behind L, ¼ Turn R, ¼ Turn R, (figure of 8) Behind R, ¼ Turn L, Step R, ½ Turn L, ¼ Turn L, Behind L

1 Step L to L side 12:00
2&3 Rock back R, recover on L, step R to R side 12:00
4&5 Step L behind R, make ¼ turn R stepping forward R, make ¼ turn R stepping L to L side 6:00
6&7 Step R behind L, make ¼ turn L stepping forward L, step forward R 3:00
&8& Pivot ½ turn L, make ¼ turn L stepping R to R side, step L behind R 6:00

[9-16] Sway R, Sway L, ¼ Turn R, ¼ Turn R and Rock L, Recover, Cross L, Point R, Cross R, Rock L, Recover, Cross L, Side R

1,2 Step R to R side swaying hips R, sway hips L 6:00
3&4 Make ¼ turn R transferring weight forward on to R, make ¼ turn R rocking L to L side, recover weight on R 12:00
&5 Cross L over R, point R to R side 12:00
6 Cross R over L 12:00
7&8& Rock L to L side, recover weight on R, cross L over R, step R to R side 12:00

[17-25] Diagonal Rock Back, Recover, Side L, Diagonal Rock Back, Recover, Step R, Diagonal Rock Forward, Recover, Step L, 3/8 Turn R, ½ Turn R, ¼ Turn R, Point L

1,2 Step/rock L diagonally behind R, recover weight on R 10:00
&3,4 Step L to L side, rock R diagonally behind L, recover weight to L (still diagonal) 2:00
&5,6 Step R next to L, rock L diagonally across R, recover weight to R (still diagonal) 2:00
&7 Step L next to R, make 3/8 turn R stepping forward R (to straighten up to 6 o'clock) 6:00
8&1 Make ½ turn R stepping back L, make ¼ turn R stepping R to R side, point L to L side 3:00

[26-32] ¼ Turn L, ½ Turn L, ½ Turn L, Step R, ¼ Turn R and Rock L, Recover, Cross L, Side R, Behind L, Side R, Rock L, Recover

2&3 Make ¼ turn L transferring weight forward on to L, make ½ turn L stepping back R, make ½ turn L stepping forward L 12:00
4 Step forward R 12:00
5&6 Make ¼ turn R rocking L to L side, recover weight on R, cross L over R 3:00
&7& Step R to R side, step L behind R, step R to R side 3:00
8& Cross rock L over R, recover weight on R 3:00

Start again

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