

Long Way From Over You

COPPER KNOB
STEPSHEETS

拍数: 112 墙数: 1 级数: Phrased Intermediate
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音乐: Long Long Way - Alan Jackson



This dance has 3 parts A , B , & C (32+ 48+ 32)
You must dance in this order : ABC ABC BC CC CC

PART A : 32 counts

A: TRIPLE STEPS FORWARD, STEP , 1/ 2 TURN, HEEL SWITCHES :

1 & 2 step right forward , bring left next to right , step right forward
3 & 4 step left forward , bring right next to left , step left forward
5 – 6 step right forward , pivot 1/ 2 turn to left (finish with weight on left)
7 & 8 touch right heel forward , bring it next to left , touch left heel forward

A: TRIPLE STEP FORWARD , STEP, TURN , ROCK STEP FORWARD , COASTER STEP:

& 9 & 10 bring left next to right , step right forward, bring left next to right, step Right
11 – 12 step left forward, pivot 1/ 2 turn to right
13 – 14 rock forward on left , recover
15 & 16 step left backward , bring right next to left , step left forward

A: [17 to 32] repeat A: [1 to 16]

PART B: 48 counts

B: TOE SWITCHES, SYNCOPATED WEAVE, CROSS STEP, HOLD :

1 & 2 point right to right side , bring right next to left , point left to left side
& 3 & 4 bring left next to right, point right forward, bring it next to left , point left Forward
& 5 & 6 bring left next to right , cross right over left , step left to left , cross right behind left
& 7 – 8 step left to left side, cross right over left , hold for 1

B: TOE SWITCHES, SYNCOPATED WEAVE , POINT , STEP:

9 & 10 point left to left , bring it next to right , point right to right side ,
& 11 & 12 bring it next to left , point left forward , bring it next to right , point right forward
& 13 & 14 bring right next to left , cross left over right , step right to right side, Cross left behind right
& 15 – 16 step right to right , point left to left side , step left next to right (with weight)

B: SIDE TRIPLE STEP, BACK ROCK STEP , FULL TURN LEFT , CROSS STEP:

17 & 18 step right to right side , bring left next to right , step right to right side
19 – 20 rock back on left , recover
21 to 24 full turn to left stepping left , right , left , then cross right over left

B: SIDE ROCK STEP , COASTER STEP, TRIPLE STEP with 1/ 2 TURN, STOMP, SCUFF:

25 – 26 rock to left on left , bring weight to right
27 & 28 step left backward , bring right next to left , step left forward
29 & 30 triple step in place with 1/ 2 turn to left side stepping right, left , right
31 – 32 stomp left slightly forward , scuff right

B: [33 to 48] repeat B[17 to 32]

PART C (instrumental) : 32 counts

C: TRIPLE STEP FORWARD, STEP , TURN, STEP, 2X(SIDE ROCK , CROSS):

1 & 2 step right forward, bring left next to right , step right forward
3 & 4 step left forward , pivot 1/ 2 turn to right side , step left forward

5 & 6 rock to right side , recover , cross right over left
7 & 8 rock to left side , recover , cross left over right

C: STEP , TOGETHER, STEP , TOGETHER , STEP, STOMP-UP, FULL TURN LEFT , POINT:

9 & 10 step right diagonally forward, bring left next to right , step right diagonally forward,
& 11 – 12 bring left next to right , step right diagonally forward, stomp left next to right (keep weight on
right)
13 -16 full turn to left stepping left , right , left , point right next to left .

C: [17 to 32] repeat C[1 to 16]

Start all over

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