

Longtemps

拍数: 48 墙数: 4 级数: Intermediate / Advanced
编舞者: Amélie Jammart (BEL) - August 2018
音乐: Longtemps - Amir



Counter Clockwise

STEP, SWEEP, ROCK FORWARD, ½ TURN, FULL TURN, 1/2 PIROUETTE TURN, SWAY, SWAY, ROCK FORWARD IN DIAGONALLY

- 1 LF Step forward, with sweep RF
- 2 RF Rock forward
- & LF Recover
- 3 RF Step ½ turn R
- 4 LF Step ½ turn (12:00)
- & RF Step ½ turn (6:00)
- 5 LF Pirouette ½ turn (12:00)
- 6 LF Sway
- 7 RF Sway
- 8 LF Rock in diagonally (13:30)
- & RF Recover

STEP BACK WITH SWEEP X3, ROCK BACK, KNEE SWIVEL AT THE WALL, SWEEP, FULL TURN

- 9 LF Step back with sweep RF
- 10 RF Step back with sweep LF
- 11 LF Step back with sweep RF
- 12 RF Rock back
- & LF Recover
- 13 RF Lift right knee up and goes in (12:00)
- 14 RF Right knee go out
- & RF Right knee go in
- 15 RF Sweeping RF back
- 16 RF Step back and 1 turn weight RF (12:00)

BASIC STEP, STEP ¼ TURN, PRESSY WALK X2, ROCK FORWARD ½ TURN, FULL TURN

- 17 LF Step side
- 18 RF Step next to LF
- & LF Step over RF
- 19 RF Step ¼ turn (3:00)
- 20 LF Pressy walk forward
- 21 RF Pressy walk forward
- 22 LF Rock forward
- & RF Recover
- 23 LF Step ½ turn (9:00)
- 24 RF Step ½ turn (3:00)
- & LF Step ½ turn (9:00)

STEP FORWARD WITH SWEEP, CROSS, STEP BACK, STEP ¼ TURN, SWAY, SWAY, ROCK CROSS, ½ TURN, ½ TURN, ½ TURN

- 25 RF Step forward with sweep LF
- 26 LF Cross over RF
- & RF Step back
- 27 LF Step ¼ turn (6:00)

28 RF Sway
29 LF Sway
30 RF Rock cross over RF
& LF Recover
31 RF Step ½ turn in diagonally (10:30)
32 LF Step ½ turn (4:30)
& RF Step ½ turn (10:30)

½ TURN, ROCK BACK, BALL STEP, ROCK CROSS, BALL STEP, ROCK CROSS

33 LF ½ turn (4:30)
34 RF Rock back
35 LF Recover
36 RF Ball step next LF
& LF Step forward
37 RF Rock cross over LF to the wall (6:00)
38 LF Recover
& RF Ball step side
39 LF Rock cross over
40 RF Recover

BALL STEP, WALK CIRCLE X3, BALL STEP, STEP FORWARD, ROCK CROSS, STEP SIDE

& LF Ball step next to RF
41 RF Step forward
42 LF Step 1/8 turn
43 RF Step 1/8 turn
44 LF Step 1/8 turn
& RF Ball step (9:00)
45 LF Step forward
46 RF Rock cross over LF
47 LF Recover
48 RF Step side R

TAG AND RESTART:

AT THE WALL 3 AFTER COUNT 30-& MAKE:

31-32 RF Big rock back

AND recover LF is the Restart of the dance At count 1

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