

Longtemps

拍数: 24 墙数: 2 级数: Phrased Easy Intermediate
编舞者: Maria Elena Santarromana (FR) - October 2018
音乐: Longtemps - Amir



Starts.. 16 Counts :: Sequence AA BB AA BB A BB AA BB AA.

A: 16 Counts

L forward, Sweep R - R Cross over L, Side, Cross R behind - L behind side Cross - R Step Touch, ¼ L Turn - R Cross shuffle ½ R Turn - R Twinkle.

- 1-2 Step L forward - Sweep R back to front
- 3&a Cross R over L - Open L to L - Cross R behind L sweeping L Front to back.
- 4&a Cross L behind R - Open R to R - Cross L over R.
- 5-6 Open R to R - Slide L next to R Touch L close to R with ¼ L turn (9:00)
- 7&a Step L forward - Cross R over L with ¼ R Turn - Step L back - Cross R over L with ¼ L turn (3.00)
- 8&a Cross R over L - Open L to L - R in Place

L twinkle, R coaster step, L Full Turn, Sailor ¼ L turn , Step

- 1&a Cross L over R - Open R to R - L in Place.
- 2&a Step R back. - L together - Step R forward
- 3-4 Step L Forward - ½ R Pivot turn Recover on L. (9:00)
- 5&a Step L forward - ½ L turn, Step R Back, - L together.
- 6&a Step R Back ½ L turn Step L Forward - R Together (9:00)
- 7&a Cross L behind R - ¼ L Turn R To R - L Together (6.00)
- 8 Step R Forward

B: 8 Counts

Side step, Cross, side step L& R - L forward rock Step - ½ L Turn - Right Back Together - Step forward L & R

- 1&a L to L - Cross R behind L - Open R to R
- 2&a R to R - Cross L behind R - Open L to L
- 3-4 L Rock forward - Recover on R with L hook
- 5&a Step L Forward - Step R back with ½ L T - L together (6.00)
- 6&a Step R back - L together - Right in place
- 7-8 Step L forward, Step R forward

Enjoy and Feel the dance

Contact : maria.elena@aliceadsl.fr

Last Update - 23 Oct 2023