Long Live Tonight

拍数: 40

墙数:4

级数:

编舞者: Monica Goldman (USA) - July 2019

音乐: Long Live Tonight - LANCO

Intro - 32 counts from start of track

Mambo L Forward, Mambo R Back, Step LF, RF Hitch 1/2 Turn, Triple Step

- 1, 2 LF mambo forward
- 3, 4 RF mambo back
- 5, 6 Step with weight on LF, hitch RF making ½ turn
- 7 & 8 Triple step forward (RF, LF, RF)

Mambo L Forward, Mambo R Back, Step LF, RF Hitch 1/2 Turn, Triple Step

- 1, 2 LF mambo forward
- 3, 4 RF mambo back
- 5, 6 Step with weight on LF, hitch RF making ¹/₂ turn
- 7 & 8 Triple step forward (RF, LF, RF)

1⁄4 Turn Left Rock Recover, Cross & Cross, Rock Recover, Behind Side Cross

- 1, 2 Rock out onto LF, making a ¼ turn right, recover weight on the RF
- 3 & 4 Cross LF over RF, step RF, cross LF over RF
- 5, 6 Rock onto RF, recover weight onto LF
- 7 & 8 RF behind LF, step LF to the side, cross RF over the LF

Rock Recover, LF 1/2 Turn Sweep Back, Coaster Step, Rock Forward Recover, Triple Step Back

- 1, 2 Rock out onto LF, recover on RF
- 3 & 4 Sweep LF behind making a ¹/₂ turn, step back LF, back RF, forward LF
- 5, 6 Rock forward RF, recover weight on LF
- 7 & 8 Triple step back (RF, LF, RF)

Full Turn Back, Walk, Walk, Anchor Step, 1/2 Turn Triple Step

- 1, 2 Step LF back making ¼ turn left, Step RF over LF making a ½ turn left
- 3, 4 Step LF out making ¼ turn, step RF forward
- 5, 6 Step LF forward, touch R toe behind LF
- 7 & 8 Triple Step (RF, LF, RF) making a ¹/₂ turn right

*Restart at 4th wall - restart dance after the first 16 counts.



