

Long Way From Lonely

COPPERKNOB
STEPSHEETS

拍数: 24 墙数: 2 级数: Improver
编舞者: Kim Nolan (UK) - January 2020
音乐: Long Way from Lonely - John Schneider : (Album: Redneck Rebel - Amazon, iTunes etc. - also from www.johnschneiderstudios.com)



Intro: 32ct (Start on lyrics)

Rock (fwd, back, fwd) - L Hitch - Rock (fwd, back, fwd) - R Hitch - fwd Rock - recover - Together - Hold/clap

1&2& Rock R fwd, recover (weight back on L), Rock R fwd, Hitch L knee up

3&4& Rock L fwd, recover, Rock L fwd, Hitch R knee up

5-6 Rock R fwd, recover

7-8 Step R together next to L, Hold & clap

R Sailor step - L Sailor step - Rock back - recover - L Half Pivot

1&2 (leaning right) Step R behind L, Step L to side, Step R fwd in place

3&4 (leaning left) Step L behind R, Step R to side, Step L fwd in place

5-6 Rock R back, recover

7-8 Step R fwd, Turn half L and step L in place (weight change to L foot) (6:00)

Syncopated L Weave (*option: Weave, Hold) - Big Side Rocks L,R,L (and sway arms waist level) - Slide R Together

1,2,3&4 (1) Cross R over L, (2) Step L to the side, (3) Cross R behind L, (&) Step L to the side, (4) Cross R over L

(*Option: cts1-4 **Cross R over L, Step L to the side, Cross R behind L, Hold**)

5-8 Big Side Rocks L,R,L (and sway arms waist level), Slide R foot together

Start again

Easy 4ct Tag:-

1-2 (1) Big R step back to R diag. (2) Slide L together/clap

3-4 (3) Big L step back to L diag. (4) Slide R together/clap

End of walls 2 and 4 (1m 4s), (1m 50s)

End of wall 6 (2m 24s) dance Tag x 3 times (total 12cts)

Restart dance (easy to spot when):-

Tip! the 2 Restarts occur after the 2 instrumentals:-

during wall 3 after ct8 (1m 13s)

during wall 5 after ct16 (the pivot), (2m 5s) you will be facing wall 6

Music: "Long Way From Lonely" Artist: John Schneider and album "Redneck Rebel" available from Amazon, iTunes etc. and www.johnschneiderstudios.com

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