

# For The Longest Time

**COPPER KNOB**  
STEP SHEETS

拍数: 32      墙数: 4      级数: Beginner  
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音乐: The Longest Time - The Overtones



Intro: 16 count

## S1. SIDE, TOUCH, HALF BOX

1&2&      Step R to side – Touch L together – Step L to side – Touch R together  
3&4      Step R to side – Step L together – Step R forward (12:00)  
5&6&      Step L to side – Touch R together – Step R to side – Touch L together  
3&4      Step L to side – Step R together – Step L back

## S2. COASTER STEP, FORWARD LOCK SHUFFLE, JAZZ BOX CROSS TURN 1/4 RIGHT

1&2      Step R back – Step L together – Step R forward (12:00)  
3&4      Step L forward – Lock R behind L – Step L forward  
5-8      Cross R over L – Turn 1/4 right step L back – Step R to side – Cross L over R (3:00)

## S3. SIDE ROCK, RECOVER, SIDE CHASSE

1-2      Rock R to side – Recover on L (3:00)  
3&4      Step R to side – Step L together – Step R to side  
5-6      Rock L to side – Recover on R  
3&4      Step L to side – Step R together – Step L to side (3:00)

## S4. KICK CROSS OVER, SIDE STEP, SWITCH TOUCHES FORWARD, PADDLE TURN 1/4 LEFT (2X)

1&2&      Kick R cross over L – Step R to side – Kick L cross over R – Step L to side (3:00)  
3&4&      Touch R toes forward – Step R together – Touch L toes forward – Step L together  
5-8      Step R forward – Turn 1/4 left (12:00) – Step R forward – Turn 1/4 left (9:00)

REPEAT

RESTART : On wall 3 after 16 count

For more info about step sheet & song, please contact:  
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