

L D R (Long Distance Relationship)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Improver
编舞者: Anna Desiyanti (INA) - October 2020
音乐: Bacio A Distanza - Giulia Penna



Intro of the music before the dance is 16 counts.

*1 Restart on Wall 5

*1 Tag on Wall 5, after 30 Counts

SESSION 1: *[1 - 8]: Side Step, Closed Step, Kick Ball Cross, Side Rock, Recover, Cross Shuffle*

1,2 R Step to the right(1), L Step closed to R(2)
3,&,4 R Kick the front, weight on L(3), R With ball, step next to L(&), L Step cross over R(4)
5,6 R Step rock side (5), Recover on L(6)
7,&,8 R Step cross over L(7), L Slightly step to the left(&), R Step cross over L(8)

SESSION 2: *[9 - 16]: Side Rock With Sway, Recover, Step Back Turn, Samba Whisk*

1,2 L Step rock side(1), With sway, recover on R(2)
3,&,4 Facing 09:00, L squaring step forward(3), 1/2 Turn facing 03:00, R step backward(&), L Step backward next to R(4)
5,a,6 Facing 03:00, R Step to the right(5), L Step cross behind R(a), R Step in place(6)
7,a,8 L Step to the left(7), R step cross behind L(a), L Step in place(8)

SESSION 3: *[17 - 24]: Cross Rock, Recover, Step Cross, Hitch, Sway*

1,&,2,& R Rock cross over L(1), Recover on L(&), R Step rock side(2), Recover on L(&)
3,&,4 R Step cross over L(3), L Make a hitch, weight on R(&), L Step cross over R(4)
5,&,6 R Step side as sway to the right(5), L In place as sway to the left(&), R In place as sway to the right(6)
7,&,8 L Step in place as sway to the left(7), R In place as sway to the right(&), L In place as sway to the left(8)

SESSION 4: *[25 - 32]: Rock Forward, Recover, Step Lock Step Backward, Pivot Turn*

1,2 R Step rock forward(1), Recover on L(2)
3,&,4 R Step backward(3), L Step backward locked R(&), R Slightly step backward
5,&,6 L Step backward(5), R Step backward locked L(&), L Slightly step backward(6)

HERE IS RESTART AND TAG ON WALL 5

-TAG:

***1,&,2 : R Step forward(1), 1/4 Turn facing 12:00 L step in place(&), R Touch next to L(2)**

***And the dance Restart from the beginning.**

7,&,8 R Step forward(7), 1/2 Turn facing 09:00 L Step forward(&), R Step next to L(8)

SESSION 5: *[33 - 40]: Cross Samba, Jazz Box*

1,a,2 L Step cross over R(1), R Step to the right(a), L Step in place(2)
3,a,4 R Step cross over L(3), L Step to the left(a), R Step in place
5,6 L Step cross over R(5), R Step back behind L(6)
7,8 1/4 Turn facing 06:00, L step beside R(7), R Step forward(8)

SESSION 6: *[41 - 48]: Cross Shuffle, Mambo Side Shimmy Shimmy*

1,2,& L Step cross over R(1), Hold L cross over R(2) R Slightly step to the right(&)
3,&,4 L Step cross over R(3), R Slightly step to the right(&), L Step cross over R(4)
5,&,6 R Step cross over L(5), L Slightly step to the left(&), R Step cross over L(6)
7,&,8 With shimmy, L step rock side(7), With shimmy, recover on R(&), L Step next to R(8)

End of the dance is on Wall 6 after 32 Counts

Enjoy The Dance.....

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