

Long Haul

拍数: 24 墙数: 2 级数: High Beginner
编舞者: Hana Iwai (JP) - February 2024
音乐: A Little Less Conversation - Elvis Presley



Intro: 16 counts Start on vocals

[1-8] Heel Swivel Combination

&1&2 Swivel R heel in, Return R heel out, Swivel L heel in, Return L heel out
&3&4 Swivel R heel in, Swivel R heel out, Swivel R heel in, Return R heel out
&5&6 Swivel L heel in, Return L heel out, Swivel R heel in, Return R heel out
&7-8 Swivel R heel in, Return R heel out, Jump in with feet together

[9-16] Jump Out Forward, Step, ¼ Sailor Turn, Jump Out Forward, Step, ¼ Sailor Turn

1-2 Jump on both feet forward (stomping), Step R back
3&4 Cross L behind right, Step R beside left, ¼ Turn left with Step L forward (9:00)
5-6 Jump on both feet forward (stomping), Step R back
7&8 Cross L behind right, Step R beside left, ¼ Turn left with Step L forward (6:00)

[17-24] Rock, Rock, Fook, Flick, Stomp, Toe Split, Heel Split, Back To Center, Scuff, Out, Out

1&2& Rock R heel forward, Recover L, Rock R heel side, Recover L
3&4 Fook R behind left with Slap L hand, Flick R to right with Slap R hand, Stomp R beside left
5&6& Swivel both toes out, Swivel both heels out, Swivel both toes back in, Swivel both heels to center
7&8 Scuff R beside L, Step R diagonal forward, Step L to left side (feet shoulder width apart) (6:00)

Bridge: On wall 5 dance up to count 16 facing 6:00 then repeat count 9 - 16, continue with count 17 and the rest of the dance as normal.

Alternative music choices

Beer With My Friends - Kenny Chesney & Old Dominion
No Tags or Restarts!