

Long Island Slide

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: John Robinson (USA) - 20 November 2015
音乐: Good Gets Here - Toby Keith : (CD: 35 mph Town - iTunes & Amazon)



SEQUENCE: Begin on vocals, after 32 count intro. One restart halfway through 4th repetition.

R HEEL FWD, TOUCH HOME, TOUCH OUT, TOUCH IN, SLIDE RIGHT, L TOUCH

1,2 Heel, home Tap R heel forward (1), Tap R beside L (2)
3,4 Out, in Tap R toe side right (3), Tap R beside L (4)
5,6 Side, slide Step R side right (5), Slide L beside R (taking weight) (6)
7,8 Side, touch Step R side right (7), Slide L beside R (weight stays R) (8)

L HEEL FWD, TOUCH HOME, TOUCH OUT, TOUCH IN, SLIDE LEFT, R TOUCH

1,2 Heel, home Tap L heel forward (1), Tap L beside R (2)
3,4 Out, in Tap L toe side right (3), Tap L beside R (4)
5,6 Side, slide Step L side left (5), Slide R beside L (taking weight) (6)
7,8 Side, touch Step L side right (7), Slide R beside L (weight stays L) (8)

***Restart here during 4th repetition. You'll be facing 6:00 when this happens.**

R HEEL GRIND TURNING 1/4 RIGHT, R ROCK BACK, RECOVER, R HEEL GRIND TURNING 1/4 RIGHT, R ROCK BACK, RECOVER

1,2 Heel grind Dig R heel forward turning toe left (1), Grind R heel turning toe and body 1/4 right (3:00) (weight stays L) (2)
3,4 Back rock Rock ball of R back (3), Recover L (4)
5,6 Heel grind Dig R heel forward turning toe left (5), Grind R heel turning toe and body 1/4 right (6:00) (weight stays L) (6)
7,8 Back rock Rock ball of R back (7), Recover L (8)

DIAGONAL STEP TOUCHES WITH CLAPS, STOMP BACK R-L, HIP THRUST FORWARD X2

1,2 Forward, touch Step R forward diagonally right (1), Tap L beside R/clap (2)
3,4 Forward, touch Step L forward diagonally left (3), Tap R beside L/clap (4)
5,6 Back, back Stomp R back (5), Stomp L beside R (6)
7,8 Hip thrust Move hips back then thrust pelvis forward (7), move hips back then thrust pelvis forward (8)

For styling, make fists just below chin height and pull them down slightly toward chest twice while thrusting

START AGAIN AND ENJOY!

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