

Long Enough

拍数: 40 墙数: 4 级数: Improver
编舞者: Glennys Croston (UK)
音乐: Forever Ain't Long Enough - The Bellamy Brothers



RIGHT CROSS ROCK FORWARD BACK FORWARD BRUSH, LEFT CROSS ROCK FORWARD BACK FORWARD BRUSH

- 1-2-3-4 Diagonal to left cross rock right over left, rock back on left, rock forward on right, brush left foot forward
5-6-7-8 Diagonal to right cross rock left over right, rock back on right, rock forward on left, brush right foot forward

ROCK FORWARD RECOVER, BACK STEP LOCK STEP, BACK STEP LOCK STEP, CROSS BEHIND UNWIND HALF TURN RIGHT

- 9-10 Rock forward on right, recover on left
11&12 Step back on right, lock left over right, step back on right
13&14 Step back on left, lock right over left, step back on left
15&16 Cross right behind left, unwind half turn right

ROCK FORWARD RECOVER, BACK LOCK BACK, CROSS BEHIND UNWIND HALF TURN, STEP FORWARD AND TOUCH

- 17-18 Rock forward on left recover on right
19&20 Step back on left lock right over left, step back on left
21-22 Cross right behind left, unwind half turn right
23-24 Step forward on left, touch right toe to left instep

SIDE TOUCH, STEP FORWARD, SIDE TOUCH, TOUCH TOGETHER ROCK FORWARD RECOVER HALF TURN SHUFFLE LEFT

- 25-26 Touch right to side, step forward on right and slightly across left
27-28 Touch left out to side, touch left to right instep
29-30 Rock forward on left, recover on right
31&32 Half turn left shuffle forward on left, right, left

STEP QUARTER TURN LEFT, CROSS STEP CROSS, SIDE TOGETHER SIDE TOGETHER SIDE

- 33-34 Step forward on right, pivot a quarter turn left
35&36 Cross right over left, step left to side, cross right over left
37-38 Step left to side, right together
39&40 Step left to side right together, left to side

REPEAT
