

The Long Goodbye

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Alison Metelnick (UK)
音乐: Whole Again - Atomic Kitten



When dancing to Lonestar, count as 1-2-3-hold, 5-6-7-hold making it a 64 count dance. Also when danced to Atomic Kitten think of the steps as quick, quick, slow and you will feel the steps

RIGHT SYNCOPATED ROCK STEP CROSS BEHIND, LEFT SYNCOPATED ROCK STEP CROSS BEHIND

1&2 Rock right foot out to right side, recover weight on left, cross step right foot behind left
3&4 Rock left foot out to left side, recover weight on right, cross step left over right

Please note that while dancing these steps you will be moving backwards

RIGHT BACK COASTER STEP, ½ TURN RIGHT, LEFT FORWARD COASTER STEP

1&2 Step right foot back, step left foot next to right, step right foot forward
3&4 ½ turn right, step left foot in place, step right foot next to left, step left foot forward

RIGHT SAILOR STEP, LEFT CROSS STEP, RIGHT SIDE ROCK CROSS, WEAWE LEFT

1&2 Cross step right foot behind left, step left foot in place, step right foot to right side
3&4 Cross step left foot over right, step right foot to left side, cross step left foot over right
5&6 Rock right foot out to right side, recover weight on left, cross right foot over left
7&8 Step left foot to left side, cross right foot behind left, step left foot to left side

RIGHT COASTER STEP, TURN ¼ RIGHT, LEFT COASTER STEP

1&2 Step right foot back, step left foot next to right, step right foot forward
3&4 Turn ¼ right, step left foot forward, step right foot next to left, step left foot forward

RIGHT LOCK STEP FORWARD, LEFT SYNCOPATED ROCK STEP WITH ½ TURN LEFT

5&6 Step right foot forward, lock step left foot behind right, step right foot forward
7&8 Rock left foot forward, recover weight on right ½ turn left step left foot forward

½ TURN LEFT, RIGHT SHUFFLE BACK, LEFT COASTER STEP

1&2 Turning ½ left, step right foot back, step left foot next to right, step right foot back
3&4 Step left foot back, step right foot next to left, step left foot forward

RIGHT DIAGONAL LOCK STEP, LEFT DIAGONAL LOCK STEP

5&6 Step right foot forward to right diagonal, lock step left behind right, step right foot forward
7&8 Step left foot forward to left diagonal, lock step right foot behind left, step left foot forward

You will be moving forward while executing these steps

REPEAT