

The Long Goodbye

拍数: 48 墙数: 2 级数: Intermediate
编舞者: EmCee (UK)
音乐: The Long Goodbye - Brooks & Dunn



BEHIND SIDE CROSS, ROCK RECOVER, SHUFFLE FORWARD, FULL TURN, SWEEP

1&2 Left behind right, right to right side, left in front of right
3-4 Rock out to right, recover weight onto left
5&6 Facing left diagonal forward on right, step left next to right instep, forward on right
7&8& ¼ turn right step left to left side, ¼ turn right step right in place, ½ turn right step back on left, sweep right out to right side (still facing left diagonal) (shuffle back to avoid full turn)

BACK, BACK, COASTER CROSS, ROCK ¼ TURN CROSS, ¼ TURN, SWEEP

1-2 Step right back, step left back
3&4 Step back on right, step left next to right, cross right in front of left
5&6 Rock left out to left side, ¼ turn right recover weight onto right, step forward on left (now facing 1st wall)
7&8& ¼ turn left step right next to left, ¼ turn left step left in place, ¼ turn left step right next to left, sweep left out to left side

To avoid ¾ turn - for last 4 counts sway onto right, onto left, ¼ right step right in place, hold

LOCK STEPS BACK, MAMBO BACK, MAMBO FORWARD, LOCK STEPS BACK

1&2 Step left back, step right back across left, step left back
3&4 Rock right back, recover weight onto left, step forward on right
5&6 Rock left forward, recover weight onto right, step left back
7&8 Step right back, step left back across right, step left back

BEHIND SIDE STEP, STEP ½ PIVOT STEP, ¼ TURN SIDE SHUFFLE, CROSS ROCK RECOVER SIDE

1&2 Step left behind right, step right to right side, step left forward
3&4 Step right forward, pivot ½ turn left step left in place, step right forward
5&6 ¼ turn right step left to left side, step right next to left, step left to left side
7&8 Rock right across left, recover weight onto left, step right to right side

CROSS ¼ TURN STEP BACK, COASTER STEP, SHUFFLE FORWARD, MAMBO FORWARD

1&2 Cross left over right, ¼ turn left step right in place, step back on left
3&4 Step right back, step left next to right, step right forward
5&6 Step left forward, step right next to left instep, step left forward
7&8 Rock right forward, recover weight onto left, step right back

LEFT SAILOR, FULL TURN, ROCK RECOVER CROSS, FULL TURN, ¼ TURN SWEEP

1&2 Step left behind right, step right to right side, step left to left side
3-4 Touch right behind left, unwind full turn right putting weight onto right
5&6 Rock left to left side, recover weight onto right, cross left over right
7&8& ¼ turn left step right back, ½ turn left step left forward, ¼ turn left step right to right side (traveling right), ¼ turn left sweep left out to left side

REPEAT