

# Long Overdue

拍数: 40      墙数: 0      级数:  
编舞者: Ian Andrew  
音乐: Goodbye Yesterday's Heartache - Smokie



## RIGHT HEEL/TOE TAPS & HOOK

1-2      Right heel tap forward twice  
3-4      Right toe tap back twice  
5-6      Right heel tap forward, hook in front of left leg  
7-8      Right heel tap forward and back in place

## LEFT HEEL/TOE TAPS & HOOK

1-2      Left heel tap forward twice  
3-4      Left toe tap back twice  
5-6      Left heel tap forward, hook in front of right leg  
7-8      Right heel tap forward and back in place

## ROCK & ½ PIVOT RIGHT, ROCK & ½ PIVOT LEFT

1-2      Rock forward on right foot, rock back on left foot  
3-4      Pivot ½ turn right with triple right, left, right  
5-6      Rock forward on left foot, rock back on right foot  
7-8      Pivot ½ turn left with triple left, right, left

## STEP, SCUFF X 4

1-2      Step right foot, scuff left  
3-4      Step left foot, scuff right  
5-6      Step right foot, scuff left  
7-8      Step left foot, scuff right

## SHUFFLE X 4 - RIGHT, LEFT, RIGHT, LEFT

1&2      Shuffle - right, left, right  
3&4      Shuffle - left, right, left  
5&6      Shuffle - right, left, right  
7&8      Shuffle - left, right, left

## REPEAT