

Long Time Gone

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Darren "Texas Tornado" Tubridy (UK)
音乐: Long Time Gone - The Chicks



GRAPEVINE RIGHT, SCUFF LEFT, GRAPEVINE LEFT, SCUFF RIGHT

1-4 Step right to right side, step left behind right, step right to right side, scuff left foot
5-8 Step left to left side, step right behind left, step right to right side, scuff right foot

RIGHT ROCK, TURNING SHUFFLE, LEFT ROCK, TURNING SHUFFLE

9-10 Rock forward on right foot, recover weight on left foot
11&12 Make a ½ turn over right shoulder stepping right, left, right
13-14 Rock forward on left, recover weight onto right foot
15&16 Make a ½ turn over left shoulder stepping left, right, left

RIGHT ROCK, CROSS SHUFFLE, LEFT ROCK, CROSS SHUFFLE

17-18 Rock right to right side, recover weight on left
19&20 Cross right over left, step left behind, cross right over left
21-22 Rock left to left side, recover weight onto right
23&24 Cross left over right, step right behind, cross left over right

MONTEREY TURN, RIGHT KICK-BALL CHANGE TWICE

25-26 Touch right foot to right side, on ball of left foot make a ½ turn over right shoulder
27-28 Touch left foot to left side, touch left beside right
29&30 Kick right foot forward, step right beside left, step left in place
31&32 Kick right foot forward, step right beside left, step left foot in place

WEAVE RIGHT WITH ½ TURN SCUFF, CHASSE LEFT, RIGHT ROCK

33-36 Step right to right side, step left behind, step right to right side, scuff left making ¼ turn right over right shoulder
37&38 Step left to left side, close right beside left, step left to left side
39-40 Rock right behind left, recover weight onto left foot

GRAPEVINE RIGHT WITH A ¼ TURN RIGHT, LEFT SCUFF, RIGHT SCUFF, LEFT SCUFF

41-42 Step right to right side, step left foot behind right, step right foot to right side, making a ¼ turn right
43-44 Step right foot forward, scuff left foot
45-46 Step left foot forward, scuff right foot
47-48 Step right foot forward, scuff left foot

TURNING SHUFFLE, BACK ROCK, LEFT SHUFFLE, RIGHT SHUFFLE

49&50 Make a ½ turn left stepping left, right, left
51-52 Rock back on right foot, recover weight onto left foot
53-54 Shuffle forward on right, left, right
55-56 Shuffle forward on left, right, left

TURNING SHUFFLE, LEFT COASTER STEP, TOE STRUTS

57&58 Make a ½ left stepping right, left, right
59&60 Step back on left foot, step right beside left, step forward on left
61-62 Step right toe forward, step down on right heel
63-64 Step left toe forward, step down on left heel

REPEAT

RESTART

On 2nd wall dance up to count 60 & start dance again

TAG

On the 5th wall add a tag when you hear the word "star"

RIGHT KICK BALL CHANGE TWICE, MONTEREY TURN

1&2 Kick right foot forward, step right beside left step left in place

3&4 Kick right foot forward, step right beside left, step left in place

5-6 Touch right foot to the side, on ball of left foot make a ½ turn right

7-8 Touch left foot to left side, touch left beside right

9-16 Repeat the above 8 counts

A full turn, ¼ turn right can be substituted for the grapevine for advanced dancers. Near the end of the track there is a section of music that seems out of time with the dance, just dance straight through & the dance will fit in at the end
