

Long Way 2 Go

拍数: 32 墙数: 4
编舞者: Josefin Blomkvist (SWE)
音乐: Long Way 2 Go - Cassie

级数: Improver



CROSS-WALKS, TOUCH, STEP FORWARD TWICE, SIDE, ROCK-BACK

- 1-2 Cross right foot forward left foot (traveling forward), cross left foot forward right foot (traveling forward)
- 3-4 Touch right foot forward diagonally right, step right foot forward
- 5-6 Touch left foot forward diagonally left, step left foot forward
- 7-8& Step right foot to right side, rock left foot behind right foot and recover on left foot

SIDE, ROCK-BACK, SIDE, TURN ¼, FORWARD TWICE, BACK, BODY-ROLL, TOGETHER

- 1-2& Step left foot to left side, rock right foot behind left foot and recover on right foot
- 3 Step right foot to right side
- 4&5 Step left foot behind right foot turn ¼ turn to right, step right foot forward, step left foot forward
- 6-8 Step right foot back, do a body-roll back, step left foot beside right foot

TOUCH & TOUCH, TURN & FORWARD, WIZARD, SIDE, BEHIND TURN ¼

- 1&2 Touch right foot to right, step together, touch left foot to left
- 3&4 Hold, turn ¼ turn to left and step left foot beside right foot, step right foot forward
- 5-6& Step left foot left diagonally forward, lock right foot behind left foot, step left foot left diagonally forward
- 7-8 Step right foot to right side, step left foot behind right foot and turn ¼ turn to right

CROSS-WALKS X3, TURN ½, BACK-LOCK-CROSS TWICE

- 1-2 Cross right foot forward left foot (traveling forward), cross left foot forward right foot (traveling forward)
- 3-4 Cross right foot forward left foot (traveling forward) and turn ½ turn to right, step left foot beside right foot
- 5-6& Step right foot back on right diagonally, lock left foot behind right foot, cross right foot in front of left foot
- 7-8& Step left foot back on left diagonally, lock right foot behind left foot, cross left foot in front of right foot

REPEAT
