

# A Long, Long Way

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Johnny S. (UK)  
音乐: My Maria - Johnny Earle



## ROCK- RECOVER WITH CROSS SHUFFLE TWICE:

- 1-2      Step/rock right foot to right side, recover weight onto left foot
- 3&4      Cross right foot over left foot, step left foot to left side, cross right foot over left foot again
- 5-6      Rock left foot to left side, recover weight onto right foot
- 7&8      Cross left foot over right foot, step right foot to right side, cross left foot over right foot again

## ROCK-RECOVER, TURN ½ RIGHT, SHUFFLE, PIVOT ½ TURN RIGHT, SHUFFLE:

- 1-2      Rock right foot forward, recover weight onto left foot while making ½ turn right on ball of left foot
- 3&4      Shuffle forward right, left, right
- 5-6      Step left foot forward, pivot ½ turn right
- 7&8      Shuffle forward left, right, left

## ROCK-RECOVER, SLOW CROSS SHUFFLE LEFT, RIGHT COASTER STEP:

- 1-2      Rock right foot forward, recover weight onto left foot
- This next move is a slow cross-shuffle to the left, with hip movements left, right, left, right (weight ends on left foot)**
- 3-4      Cross right foot over left foot, and keeping left foot facing directly to front, step left foot to left side
- 5-6      Cross right foot over left foot, and keeping left foot facing directly to front, step left foot to left side
- 7&8      Step right foot back, step left foot next to right foot, step right foot slightly forward

## POINT, TURN ¼ LEFT, LEFT COASTER STEP, POINT, TURN ½ LEFT, TOE TOUCHES:

- 1-2      Point left toe to left side, on ball of both feet make ¼ turn left (weight on right foot)
- 3&4      Step left foot back, step right foot beside left foot, step left foot slightly forward
- 5-6      Point ball of right toe forward, on ball of both feet make ½ turn left (weight on left foot)
- 7&8      Touch right to right side, touch right toe beside left foot, touch right toe to right side

## REPEAT

## TAGS

To make the dance fit with Johnny Earle's version, after the 3rd sequence (after the chorus & facing the back wall) you'll hear the same 16 counts as at the intro:

- 1-16      Repeat the first 8 counts of the dance twice, and start the dance from the beginning

After the 6th sequence you'll be facing the front wall, where there is an 8 count Tag before Johnny sings the second chorus:

- 1-8      Repeat the first 8 counts of the dance once only, and start the dance again from the beginning

For a grand finish in section 4 (count 5): point right toe forward and spread both hands outwards and hold!