

Longer

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Phil Partridge (UK)
音乐: Longer - Dan Fogelberg



CROSS BACK SIDE CROSS, STEP SLIDE, ROCK, ¼ STEP SLIDE, STEP ¾, LUNGE, SWEEP

- 1&2 Cross right over left, step back left, step side right
&3-4& Cross left over right, large step right sliding left in, rock back left, recover onto right
5-6& ¼ left with large step forward onto left sliding right in, step forward right, pivot ¾ turn left stepping onto left
7-8 Lunge to right side, recover onto left sweeping right in front of left

CROSS ½ RIGHT, CROSS ROCK ¼ LEFT, STEP FULL TURN LEFT, SAILOR STEP

- 9&10 Cross right over left, ¼ turn right stepping back left, ¼ turn right stepping right to side
11&12 Cross rock left over right, recover onto right, ¼ turn left stepping onto left
13&14& Step forward onto right, pivot ½ turn left, ½ turn left stepping back right, sweep left out and behind (weight on right)
15&16 Step left behind right, side step right, step left to side

CROSS PRESS SIDE, & SIDE ROCK, MAMBO ½ RIGHT, STEP ½ TURN STEP

- 17&18 Cross rock right over left bending left knee slightly, step back on left, side step right
&19-20 Step left next to right, rock side right, rock in onto left
21&22 Rock forward onto right, recover onto left, ½ turn right stepping forward onto right
23&24 Step forward onto left, pivot ½ turn right stepping onto right, step forward left

ROCK FORWARD RECOVER, 2 WALKS BACK, COASTER STEP, LEFT LOCK FORWARD

- 25-26 Rock forward onto right, rock back onto left
27-28 Walk back right sliding left in, walk back left sliding right in
29&30 Step back right, step left next to right, step forward onto right
31&32 Step forward left, step right behind left, step forward left

REPEAT
