

How Long Gone

拍数: 36 墙数: 4 级数:
编舞者: Mike Caskey (USA)
音乐: How Long Gone - Brooks & Dunn



LEFT FORWARD ROCK, COASTER STEP, 2 QUARTER PIVOTS

1-2 Rock forward on left foot, rock back on right
3&4 Step back on left, together with right, forward on the left foot
5-6 Step forward on right pivot $\frac{1}{4}$ turn left
7-8 Step forward on right pivot $\frac{1}{4}$ turn left

RIGHT FORWARD ROCK. COASTER STEP, LEFT MONTEREY

1-2 Rock forward on right foot, rock back on left
3&4 Step back on right, together with left, forward on the right foot
5-6 Tap left foot to left side, slide left foot beside right as you turn back left $\frac{1}{2}$ turn
7-8 Tap right foot to right side, tap right foot beside left

RIGHT MONTEREY, QUICK CHANGE STEPS, CLAP

1-2 Tap right foot to right side, slide right foot beside left as you turn back right $\frac{1}{2}$ turn
3-4 Tap left foot to left side, step together with left
5&6 Tap right heel in front, bring right foot in, tap left heel forward
&7-8 Bring left heel in, tap right heel out, clap

QUICK CHANGE STEPS, VINE LEFT $\frac{1}{4}$ TURN SCUFF

1&2 Tap left heel forward, bring left heel in, tap right heel out
&3-4 Bring right foot in, tap left heel out, clap
5-6 Step to the left, step behind the left with the right
7-8 Step to a $\frac{1}{4}$ turn left with the left, scuff the right

Variation: rolling vine left $\frac{1}{4}$ turn scuff

STEP BACK, TURN $\frac{1}{2}$, SHUFFLE

1-2 Step straight back on right, step straight back on left
3&4 Turn $\frac{1}{2}$ turn to the right as you step forward right, together left, forward right

REPEAT
