

Gone So Long

拍数: 64 墙数: 4 级数:
编舞者: Victor Watts (AUS)
音乐: Why Have You Been Gone So Long - Stacy Dean Campbell



- &1 Jump back onto left foot with right foot out front at 45 degrees
&2 Jump back onto right foot with left foot out front at 45 degrees
&3 Jump back onto left foot with right foot out front at 45 degrees
4 Step right foot behind left
5-6 Step left to left side, step right to right side
7-8 Step left behind right, touch right beside left
- &1-2 Step right foot back at 45 degrees, shake leg twice
&3-4 Step left foot back almost beside right, shake leg twice (lifting heels slightly off the ground)
5-6 Sway knees to right, return knees to center
7-8 Sway knees to left, return knees to center
- 1-4 Rolling vine to the right (right-left-right), scuff left forward at 45 degrees
5-6 Step left forward at 45 degrees, lock right behind left
7-8 Step left forward, scuff right at 45 degrees
- 1-2 Touch right toe forward at 45 degrees, moving weight forward drop right heel
3-4 Touch left toe back at 45 degrees, moving weight back drop heel
5-8 Swaying hips & knees simultaneously forward, back, forward, back
- 1-4 Vine right-left-right, scuff left in a sweeping movement to the left
5-8 Rolling vine to the left 1-¼ turn left-right-left, hitch right
- &1-2 Stepping right forward, rock hips forward twice
3-4 Rock hips back twice
5-8 Rock hips forward, back, forward, back.
- 1&2 Shuffle forward right-left-right
3-4 Step left forward, rock back onto right
5&6 Shuffle backwards left-right-left
7-8 Step right back, rock forward onto left
- &1-2 Step right toe forward at 45 degrees, moving weight forward drop heel
3-4 Step left toe forward at 45 degrees, moving weight forward drop heel
5-6 Step right toe forward at a 45 degrees, moving weight forward drop heel
&7 Step left toe forward at a 45 degrees, moving weight forward drop heel
&8 Step right toe forward at a 45 degrees, moving weight forward drop heel

REPEAT