

For The Longest Time

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
编舞者: DQ Johnson (USA)
音乐: The Longest Time - Billy Joel



Special thanks to my friend Patti Kraft for the fun of making sure that we always "Finish Facing Front"

WEAVE RIGHT, SIDE SHUFFLE, CROSS ROCK-RECOVER

1-2 Step right to right (and slightly back); cross left over right
3-4 Step right to right; cross left behind right
5&6 Step right to right; step left together; step right to right
7-8 Rock left across right; recover weight to right (12:00)

¼ TURN LEFT, ¼ TURN LEFT, BEHIND, SIDE, CROSS SHUFFLE, ROCK ¼ TURN LEFT, RECOVER

1-2 Step left into ¼ turn left; step right into ¼ turn left (these steps travel toward the 9:00 wall and end facing 6:00)
3-4 Cross left behind right; step right to right
5&6 Cross left over right; small step right on right; slightly cross left over right
7-8 Rock side right, making a ¼ turn left; recover weight to left (3:00)

CROSS & HEEL & (TWICE), WALK FORWARD, STEP-LOCK-STEP

1&2& Cross right over left; step slightly left on left; extend right heel on forward right diagonal; step right together
3&4& Cross left over right; step slightly right on right; extend left heel on forward left diagonal; step left together
5-6 Step forward on right; step forward on left
7&8 Step forward on right; step forward on left slightly behind right; step forward on right (3:00)

ROCK-RECOVER, ¼ TURN LEFT COASTER STEP, ¼ TURN LEFT, TOUCH, SIDE, TOUCH

1-2 Rock forward on left; recover weight to right
3&4 Making a ¼ turn left: step left behind right; step slightly back on right; step forward on left (12:00)
5-6 Long step forward on right into ¼ turn left; touch left beside right (9:00)
7-8 Long step left on left; touch right beside left

REPEAT

RESTART

You are facing the back wall at the start of the third repetition. Do counts 1 through 14 as above, then for counts 15-16, substitute these steps:

1-2 Step forward on right; turn ½ left (weight on left, facing the back wall)

Then restart the dance with count 1

TO FINISH FACING FRONT

You will be completing the dance as the music fades. To finish facing front (original starting wall), complete count 32 and hold.