

The Long Day

拍数: 48 墙数: 4 级数: Improver Waltz
编舞者: Paul McAdam (UK) - January 2008
音乐: The Long Day Is Over - Norah Jones



Count in: . Start 18 seconds into track

(1-6) FORWARD LEFT BASIC, FORWARD RIGHT BASIC

1,2,3 Step forward on left foot, step forward on right foot, step left foot in place
4,5,6 Step forward on right foot, step forward on left foot, step right foot in place

(7-12) BACK LEFT BASIC, BACK RIGHT BASIC

1,2,3 Step back on left foot, step back on right foot, step left foot in place
4,5,6 Step back on right foot, step back on left foot, step right foot in place

(13-24) LEFT TWINKLE, RIGHT CROSS ½ TURN X2

1,2,3 Cross left foot over right foot, step right foot to right diagonal, step left foot to left diagonal
4,5,6 Cross right foot over left foot, make a ¼ turn right and step back on left foot, make a ¼ turn right and step right foot to right side
1-6 Repeat steps 13-18.

(25-30) CROSS CHASSE, CROSS, ROCK, RECOVER

1,2&3 Cross left foot over right foot, step right foot to right side, step left foot together, step right foot to right side
4,5,6 Cross rock left foot over right foot, recover weight onto right foot, step left foot to left side

(31-36) CROSS CHASSE, CROSS ROCK RECOVER

1,2&3 Cross right foot over left foot, step left foot to left side, step right foot together, step left foot to left side
4,5,6 Cross rock right foot over left foot, recover weight onto left foot, step right foot to right side

(37-42) CROSS, SIDE, BACK, BACK SIDE, CROSS, TURNING LEFT

1,2,3 Turn to face 10.30 as you cross left foot over right foot, step right foot to right side, step back on left foot
4,5,6 Turn to face 7.30 as you step back on right foot, step left foot to left side, cross right foot over left

(43-48) CROSS, SIDE, BACK, BACK, SIDE, CROSS, TURNING LEFT

1,2,3 Turn to face 4.30 as you cross left foot over right, step right foot to right side, step back on left foot
4,5,6 Turn to face 3.00 as you step back on right foot, step left foot to left side, cross right foot over left

START AGAIN AND ENJOY!