Long Dark Night



拍数: 48 墙数: 4 级数: Improver

编舞者: Ross Brown (ENG) - July 2009

音乐: Long Dark Night - John Fogerty: (CD: Revival - 3:08)



Intro: 16 Counts (Approx. 8 Secs)

ROCK FORWARD, RECOVER, TOGETHER. ROCK FORWARD, RECOVER. COASTER STEP. SHUFFLE FORWARD.

1-2& Rock forward with right, recover onto left, step right next to left.

3-4 Rock forward with left, recover onto right.

Step back with left, step right next to left, step forward with left.
Step forward with right, close left up to right, step forward with right.

(12 o'clock)

ROCK FORWARD, RECOVER, TOGETHER. ROCK FORWARD, RECOVER. COASTER STEP. SHUFFLE FORWARD.

1-2& Rock forward with left, recover onto right, step left next to right.

3-4 Rock forward with right, recover onto left.

Step back with right, step left next to right, step forward with right.

Step forward with left, close right up to left, step forward with left.

(12 o'clock)

STEP, PIVOT 1/4 TURN L. STEP, PIVOT 1/4 TURN L. CHASSE RIGHT. ROCK BACK, RECOVER.

1-2 Step forward with right, pivot a ¼ turn left rolling hips a little.
3-4 Step forward with right, pivot a ¼ turn left rolling hips a little.
5&6 Step right to the right, close left up to right, step right to the right.

7-8 Rock back with left, recover onto right.

(6 o'clock)

SIDE, BEHIND, SIDE, CROSS, SIDE, ROCK BACK, RECOVER, CHASSE RIGHT.

1 Step left to the left.

2&3 Cross step right behind left, step left to the left, cross step right over left.

4-5-6 Step left to the left, rock back with right, recover onto left.

7&8 Step right to the right, close left up to right, step right to the right.

Advice: Don't step too far to the right on Count 8 of this Section as it makes Counts 5-8 of the next Section noticeably harder to do.

(6 o'clock)

HEEL IN, TOE IN. HEEL OUT, TOE OUT. HEEL OUT, TOE OUT. HEEL IN, TOE IN.

1-2 Twist left heel in, twist left toes in to center.

3-4 Twist left heel out, twist left toes out to center placing weight onto left.

5-6 Twist right heel out, twist right toes in to center.

7-8 Twist right heel in, twist right toes in to center keeping weight on left.

(6 o'clock)

SIDE ROCK, RECOVER. CROSS SHUFFLE. SIDE ROCK, RECOVER 1/4 TURN R. SHUFFLE FORWARD.

1-2 Rock right to the right, recover onto left.

3&4 Cross step right over left, close left up to right, cross step right over left.

5-6 Rock left to the left, make a ¼ turn right recovering onto right.

7&8 Step forward with left, close right up to left, step forward with left.

(9 o'clock)

End of Dance. Start again and Enjoy!

Alternative Music: Bullet by Charlotte Perrelli, CD; Hero. Intro: 32 Counts (Approx. 17 Secs) When dancing to this track you need to add a Tag/Restart on Wall 7 Dance up to Count 12 of the dance, then add the following Tag and Start Again
1-2 Rock back with right, recover onto left.

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