

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.
5&6 Step back with left, step right next to left, step forward with left.
7&8 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.
5&6 Step back with right, step left next to right, step forward with right.
7&8 Step forward with left, close right up to left, step forward with left.
(12 o'clock)

STEP, PIVOT ¼ TURN L. STEP, PIVOT ¼ 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 ¼ 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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