

# Long Long Way

拍数: 48                      墙数: 4                      级数: Intermediate  
编舞者: Pete Harkness (UK) - October 2010  
音乐: A Little Bit of Missin' You - Trace Adkins : (CD: Cowboys Back In Town)



Intro: 16 Counts BPM 104

## S1: STEP, ½ TURN, SAILOR ¼ TURN, HIP SWAYS & HITCH, CHASSE ¼ TURN

1,2                      Step forward on right, ½ turn right stepping back on left ( 6 o'clock)  
3&4                      Step right behind left&1/4 turn right stepping left beside right, cross right over left(9 o'clock)  
5,6                      step left to side pushing hips to left, rec on right pushing hips to right hitching left up  
7&8                      Step left to side &step right beside left, ¼ turn to right stepping back on left (12 o'clock)

## S2: ROCK, REC, STEP FULL TURN, KICKBALL STEP, STEP, POINT

1,2,3,4                      Rock back on right, rec on left,make a full turn left as you step right left ( 12'oclock)  
5&6                      Kick right in front & step right beside left, step forward on left  
7,8                      Step forward on right, point left to side

## S3: CROSS, BACK & CROSS, SIDE,BEHIND, ¼ TURN,STEP, ¼ TURN

1,2&3,4                      Cross left over right,step back on right&step left beside right,cross right over left,step left to side  
5,6,7,8                      Step right behind left,step left ¼ turn left, step forward on right, ¼ turn to left(6'oclock)

## S4: CROSS SHUFFLE, HIP SWAYS & HITCH,CHASSE LEFT, ROCK, REC

1&2                      Cross right over left & step left to side, cross right over left  
3,4                      Step left to side pushing hips to left, rec on right pushing hips to right hitching left up  
5&6,7,8                      Step left to side & step right beside left,step left to side, rock back on right, rec on left(6 o'clock)

( On walls 1 & 6 re-start the dance here facing 6 o'clock)

## S5: WALK RIGHT LEFT, ANCHOR STEP, COASTER CROSS, ¼ TURN, ¼ TURN

1,2                      Walk forward right, walk forward on left  
3&4                      step right behind left & step left in place, step back on right  
(face right diagonal when doing the anchor step)  
5&6                      Step back on left & step right beside left, cross left over right  
7,8                      ¼ turn left stepping back on right, ¼ turn left stepping left to side( 12 o'clock )

## S6: CROSS ROCK, ¼ SHUFFLE, STEP PIVOT, LEFT SHUFFLE

1,2,3&4                      Rock forward on right, rec on left,step right to side & step left beside right,step right ¼ turn right

(On wall 5 dance the first 4 counts of S6 then add the following, "& - step left beside right ", Re-start the dance from the beginning facing 12 O'clock )

5,6,7&8                      Step forward on left, ½ turn to right, shuffle forward left right left

Have Fun on The Dancefloor !

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