

# Longest Time

拍数: 32      墙数: 4      级数: Improver  
编舞者: Margaret Swift (UK) - October 2010  
音乐: The Longest Time - The Overtones : (Album: Good Ol' Fashioned Love)



**Intro: 16 Counts. Starts on the word 'If. (12 Seconds)**

**Section 1: Touch & Touch & Touch. Hip Bumps. Touch & Touch & Touch. Hip Bumps.**

1&2      Touch right toe next to left foot. Step right foot in place. Touch left toe next to right foot.  
& 3      Step left foot in place. Touch right toe next to left foot.  
& 4      Bump right hip forward. Bump right hip back.  
& 5      Step right foot in place. Touch left toe next to right foot.  
& 6      Step left foot in place. Touch right toe next to left foot.  
& 7      Step right foot in place. Touch left toe next to right foot.  
& 8      Bump left hip forward. Bump left hip back.

**Section 2: Behind Side Cross. Side Rock Cross. Step Turn ¼ .Cross Shuffle.**

1 &2      Step left behind right. Step right to right side. Cross left in front of right.  
3 &4      Rock right to right side. Recover on left. Cross right over left.  
5 – 6      Step forward on left. Turn ¼ right.  
7 &8      Cross left over right. Close right next to left. Cross left over right.

**(Restart here on wall 3) (9 o'clock)**

**Section 3: Forward Rumba Box. Walk Back. Shuffle ½ Turn.**

1 &2      Step right to right side. Close left next to right. Step right forward.  
3 &4      Step left to left side. Close right next to left. Step back on left.  
5 – 6      Walk back on right. Walk back on left.  
7 &8      Turn ½ right over right shoulder stepping forward right. Close left next to right. Step forward on right.

**Section 4 Step ½ Pivot. Kickball Change. Rock Recover. Coaster Step.**

1 – 2      Step forward on left. Pivot ½ turn right.  
3 &4      Kick left forward. Step left in place. Step right next to left.  
5 – 6      Rock forward on left. Recover on right.  
7 &8      Step back on left. Close right next to left. Step forward on left.

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