

Long Distance

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Dan Morrison (CAN) - December 2012
音乐: Long Distance - Melanie Amaro



Intro: 32 Counts, start on the word "Ceiling"

Shuffle, Rock-Step, Shuffle, Rock-Step

1&2 Step R side R (1) Step L beside R (&) Step R side R (2)
3-4 Step L over R (3) Step R in place (4)
5&6 Step L side L (5) Step R beside L (&) Step L side L (6)
7-8 Step R over L (7) Step L in place (8)

1/4 Shuffle, 1/2 Pivot, Oz Step

1&2 Step R side R (1) Step L beside R (&) Step R 1/4 R (2)
3-4 Step L forward (3) 1/2 Pivot R, wt. on R (4)
5-6& Step L forward (5) Lock R behind L (6) Step L beside R (&)
7-8& Step R forward (7) Lock L behind R (8) Step R beside L (&)

Cross, Side, Sailor, Cross, Side, Behind-Ball-Cross

1-2 Step L over R (1) Step R side R (2)
3&4 Step L behind R (3) Step R beside L (&) Step L side L (4)
5-6 Step R over L (5) Step L side L (6)
7&8 Step R behind L (7) Step L side L (&) Step R over L (8)

Step, Sailor, Coaster, 1/2 Pivot, Scissor

1 Step L side L
2&3 Step R behind L (2) Step L beside R (&) Step R side R (3)
4&5 Step L back (4) Step R beside L (&) Step L forward (5)
6 1/2 Pivot R, wt on R
7&8 Step L side L (7) Step R beside L (&) Step L over R (8)

TAG: End of wall 10 (6 o'clock), add Tag, then Start again.

Rock-Step, Rock-Step

1-4 Step R side R (1) Step L in place (2)
3-4 Step R behind L (3) Step L in place (4)

HAVE FUN AND ENJOY

Contact: dan_orillia@live.com