

Long Shot

拍数: 32 墙数: 4 级数: Beginner Plus
编舞者: Christopher Petre (USA) - July 2012
音乐: Odds Are - Barenaked Ladies



[1-8], CHASSE R, CROSS BODY ROCK, CHASSE L 1/4 TURN L, L PIVOT 1/2 TURN

- 1&2 Step right foot to right side, step together on left foot, step right foot to right side
3-4 Cross rock left in front of right foot, recover weight on right foot
5&6 Step left foot to left, step together on right foot, turn 1/4 left (to face 9:00) and step forward on left
7-8 Step forward on right foot, turn 1/2 onto left foot (now facing 3:00)

[9-16], STEP & BOP, PIVOT 1/4 L & BOP, STEP & BOP, PIVOT 1/4 L & BOP

- 1&2 Step forward on right, lift that heel off floor and drop (weight is on right)
3&4 Turn 1/4 left step onto left foot, lift that heel off floor and step down (now facing 12:00)
5&6 Step forward on right foot, lift that heel off floor and drop
7&8 Turn 1/4 left step onto left foot, lift that heel off floor and step down (now facing 9:00)

Insert 4 count Tag here at end of 2nd wall facing back or 6:00 wall then Restart

[17-24], LINDY SHUFFLE R & L

- 1&2 Step right foot to right side, step together on left foot, step right foot to right side
3-4 Rock back onto left foot beyond right foot, recover weight onto right foot
5&6 Step left foot to left, step together on right foot, step left foot to left
7-8 Rock back onto right foot beyond left foot, recover weight onto left foot

[25-32], COOL SHUFFLING STEPS TRAVELING TOWARDS 12:00 WALL

- 1-2 Turn 1/4 right (12:00) step forward on right, step together on left, step forward right
3-4 Turn 1/4 left (9:00) cross left over right, step right to right, cross left over right (this is a crossing shuffle traveling towards the 12:00 wall)
5-6 Turn 1/4 right (12:00) step forward on right, step together on left, step forward right
7-8 Turn 1/4 left (9:00) cross left over right, step right to right, cross left over right (this is a crossing shuffle traveling towards the 12:00 wall)

Note: dance ends facing 9:00 with weight on left foot

TAG: 4 count TAG done at end of 2nd wall facing back wall (6:00)

- 1-4 Bump hips to right twice, bump hips to left twice

BEGIN AGAIN!

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