

The Long Way Home

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Mike Stringer (UK) - May 2014
音乐: The Long Way Home - Derek Ryan



16 Count Intro (begin on vocals)

#1: □ SIDE SHUFFLE, BACK ROCK, HIP ROLL X2

1&2 Step right to side, close left next to right, step right to side
3-4 Rock left back, recover onto right
5-8 Roll hips full circle twice anticlockwise

(Easy option: hip bumps left, right, left, right)

#2: □ SIDE SHUFFLE, BACK ROCK, HIP ROLL X2

1&2 Step left to side, close right next to left, step left to side
3-4 Rock right back, recover onto left
5-8 Roll hips full circle twice clockwise

(Easy option: hip bumps right, left, right, left)

#3: □ FORWARD SHUFFLE, FORWARD ROCK, BACK SHUFFLE, BACK ROCK

1&2 Step right forward, close left next to right, step right forward
3-4 Rock forward on left, recover onto right
5&6 Step left back, close right next to left, step left back
7-8 rock back on right, recover onto left

#4: □ 1/8 TURN (HOOLA HOOP) X2, HEEL, TOE, HEEL, TOGETHER

1-2 Step right forward turning 1/8 turn left rolling hips (left to right, hoola hoop style)
3-4 Step right forward turning 1/8 turn left rolling hips (left to right, hoola hop style)
5-6 Touch right heel forward, touch right toe across left shin
7-8 Touch right heel forward, step right in place next to left

TAG: □ DANCE ONCE AT THE END OF WALL THREE (FACING 3 O'CLOCK)

S1: □ RIGHT VINE, LEFT ROLLING VINE

1-4 Step right to side, step left behind, step right to side, touch left next to right
5-8 step left forward turning ¼ left, step back right turning ½, step left to side turning ¼, scuff right
 Across left

(Easy option: replace rolling vine with a left grapevine, scuff)

S2: □ JAZZ BOX, HEEL SWITCH X3, HITCH

1-4 Step right across left, step left back, step ride to side, step left in place next to right
5-8 Touch right heel forward, switch to left heel forward, switch to right heel forward, hitch right
 Knee

Smile, enjoy and have fun

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