

# 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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