

Long Pride

拍數: 32 牆數: 4 級數: Beginner
編舞者: Adriano Castagnoli (IT) - February 2015
音樂: Neal McCoy - It's Gonna Take A Little Bit Longer



RIGHT SIDE, STOMP UP, LEFT SIDE, SCUFF, JAZZ BOX RIGHT, STOMP UP

1-2 Step Right To Right Side, Stomp Up Left Beside Right
3-4 Step Left To Left Side, Scuff Right Beside Left
5-6 Cross Right Over Left, Step Left Back
7-8 Step Right To Right Side, Stomp Up Left Beside Right

KICK FORWARD, STOMP UP, KICK SIDE, STOMP UP, HEEL SWITCHES (LEAD LEFT) AND FLICK UP BACK

1-2 Kick Left Forward, Stomp Up Left Beside Right
3-4 Kick Left To Left Side, Stomp Up Left Beside Right
5-6 Touch Left Heel Forward, Step Left Beside Right
7-8 Touch Right Heel Forward, Flick Up Back Right

GRAPEVINE RIGHT, POINT LEFT, TURN 1/4 LEFT AND HEEL STRUT LEFT, STOMP (TWICE)

1-2 Step Right To Right Side, Cross Left Behind Right
3-4 Step Right To Right Side, Point Left To Left Side
5-6 Turn 1/4 Left And Touch Left Heel Forward, Drop Left To Taking Weight
7-8 Stomp Up Right Beside Left, Stomp Right Forward

HEELS FAN, ROCK BACK RIGHT, PIVOT 1/2 LEFT (TWICE)

1-2 Swivel Both Heels To Right Side, Return Both Heels To Centre
3-4 Rock Back On Right, Return On Left
5-6 Step Right Forward, Pivot 1/2 Turn Left
7-8 Repeat 5-6

REPEAT
