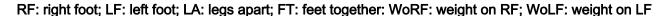
I've Come Along A Long Long Way (P)



Cha

編舞者: Jean LW LeQUEUX (FR) - February 2015

音樂: My Maria - Brooks & Dunn



START IN SWEETHEART POSITION; AROUND DANCE FLOOR; FOR THE FIRST 64 COUNTS: GLOBALLY GO COUNTER-CLOCKWISE, THEN, FOR THE NEXT 64 COUNTS GLOBALLY GO CLOCKWISE. ETC.

HE STARTS WITH LYRICS: WOLF SHE STARTS WITH LYRICS: WORF

SECTION I: CHASSÉ FORWARD, ROCK STEP, TWICE

HIS STEPS

1&2 Chassé, RF forward

3-4 Rock step: LF forward (slightly lift up RF), RF down (slightly lift up LF)

5&6 Chassé, LF forward,

7-8 Rock step: RF forward (slightly lift up LF), LF down (slightly lift up RF); Release hands, side-

to-side

HER STEPS

1&2 Chassé, LF forward

3-4 Rock step, RF forward (slightly lift up LF), LF down (slightly lift up RF)

5&6 Chassé, RF forward

7-8 Rock step: LF forward (slightly lift up RF), RF down (slightly lift up LF), Release hands, side-

to-side

SECTION II: CHASSÉ FORWARD DIAGONAL, VANCOUVER; CHASSÉ, NEW YORK

HIS STEPS

1&2 Chassé, RF forward on left diagonal while raising arms in V and fingers in v – index and

medium, like Vancouver.

3-4 Steps on right diagonal, LF, RF (arms down), his right hand holds her left hand

5&6 Chassé, LF forward, release her left hand

7-8 ½ turn left (open arms), rock step RF forward, ¼ turn right (close arms)

HER STEPS

1&2 Chassé, LF forward on right diagonal while raising arms in V and fingers in v – index and

medium, like Vancouver.

3-4 Steps on left diagonal, RF, LF (arms down), her left hand in his right hand

5&6 Chassé RF forward, release his right hand

7-8 ½ turn right (open arms), rock step LF forward, ½ turn left (close arms)

SECTION III: CHASSÉ, ROCK STEP, CHASSÉ, SPOT TURN;

HIS STEPS

1&2 Chassé, RF forward
3-4 Rock step LF forward
5&6 Chassé LF forward

7-8 Spot turn (full 360° turn) left, let hands go, no contact.

HER STEPS

1&2 Step LF forward
3-4 Rock step, RF forward
5&6 Chassé RF forward

7-8 Spot turn (full 360° turn) right, let hands go, no contact.

SECTION IV: PURSUIT, HE FOLLOWS HER

HIS STEPS

1&2 On spot: bend/unbend knees, right & left; he is behind her

3-4 Rock step, LF forward

Lock step chassé forward (LF forward, RF behind right, LF ahead, RF ahead)

7-8 ½ turn left, feet together, she's behind him

HER STEPS

1&2 Lock step LF forward on left diagonal, overtaking him; she stands before him

3-4 Rock step, RF forward

5&6 Lock step chassé forward (RF forward, LF behind right, RF ahead, LF ahead)

7-8 ½ turn left, feet together, he stands before her

SECTION V: BACKWARD PURSUIT, HE FOLLOWS HER BACKWARD, SHE IS BEHIND HIM HIS STEPS

1&2 Lock step chassé backward (RF back, LF before right, RF back, LF back)

3-4 Rock step, LF back

5&6 Lock step chassé back (LF back, RF before left, RF back, LF back)

7-8 Step RF back, ¼ turn, step LF, ¼ turn, embrace position

HER STEPS

1&2 Lock step chassé backward (LF back, RF before right, RF back, LF back)

3-4 Rock step, RF back

Lock step chassé back (RF back, LF before left, RF back, LF back)

7-8 Step back RF, step back LF, embrace position

SECTION VI: CROSS BODY

HIS STEPS

1&2 Chassé RF forward, release left hand (her right hand)
3-4 LF back, ¼ turn left, RF near LF, embrace position

5&6 Left side chassé

7-8 RF back, ¼ turn left, LF near RF, release left hand; French "Bonjour" Position: his right hand

holds her right hand

HER STEPS

1&2 Chassé LF back, release right hand (his left hand)
3-4 RF forward, ¼ turn right, LF near RF, embrace position

5&6 Right side chassé

7-8 LF forward, ¼ turn right, RF near LF, release right hand; French "Bonjour" Position: her right

hand holds his right hand

SECTION VII: FRENCH "BONJOUR" POSITION; CHASSÉ, ROCK STEP; HE MOVES KNEES ON SPOT; SHE WRAPS IN HIS RIGHT ARM WHILE TURNING 180°, SWEETHEART POSITION, ROCK STEP HIS STEPS

1&2 Chassé, RF forward,3-4 Rock step RF forward

On spot; slightly bend right knee, unbend and invite her to wrap around your right arm,

bend/unbend left knee; right hand holds her right hand above her right shoulder, left hand

hold her left hand: sweetheart position

7-8 Rock step, RF forward

HER STEPS

1&2 Chassé LF back3-4 Rock step, LF back

Prepare to wrap in his right arm, step ¼ turn left, wrap around his right arm, step ¼ turn left,

right hand above right shoulder, holding his right hand, left hand in his left hand: sweetheart

position

7-8 Rock step, LF forward

SECTION VIII: CHASSÉ BACK, ROCK STEP, TWICE

HIS STEPS

1&2 Chassé, RF back

3-4 Rock step: LF back (slightly lift up RF), RF down (slightly lift up LF)

5&6 Chassé, LF back,

7-8 Rock step: RF back (slightly lift up LF), LF down (slightly lift up RF)

HER STEPS

1&2 Chassé, LF back

3-4 Rock step, RF back (slightly lift up LF), LF down (slightly lift up RF)

5&6 Chassé, RF back

7-8 Rock step: LF back (slightly lift up RF), RF down (slightly lift up LF)

DO IT AGAIN, FOLKS! AND REMEMBER:

PARTNERS ARE NOW GLOBALLY MOVING IN THE OPPOSITE DIRECTION OF THE PREVIOUS 64-COUNTS

(I.E. CLOCKWISE IF THEY WERE MOVING COUNTER-CLOCKWISE AND VICE VERSA)

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