

# So Long Sweet Honey - ABBA

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Adrian Helliker (FR) & Annemaree Sleeth (AUS) - April 2015  
音樂: So Long - ABBA : (iTunes)



**Intro: 40 Counts Into Track Approx 16 Seconds Into Track Bpm 160 approx**

## **Sec 1: Stomp Forward, Heel Taps, Rocking Chair**

1                    Stomp R forward, (Add Arms To Sides As You Stretch Out)  
2-3-4              Tap R heel, X 3 (Wgt R),  
5-6                Step L forward, recover R,  
7-8                Step L back, recover R,

## **Sec 2: Step Scuff, Step Scuff, Forward Mambo, Touch**

1-2                Step L forward, scuff R forward (click fingers on scuffs)  
3-4                Step R forward, scuff L forward  
5-6                Step L forward, recover R  
7-8                Step L Back, touch R together

## **Sec 3: Vine Right, Touch, Vine Left, Touch**

1-2                Step R side, cross L behind R  
3-4                Step R side, touch L together  
5-6                Step L side, cross R behind L  
7-8                Step L side, touch R together

## **Sec 4: Heel Together, ¼ R Monterey**

1-2                Tap R heel forward, step R together  
3-4                Tap L heel Forward, step L together  
5-6                Touch R Side, turn 1/4 R ball Of L foot Step R together  
7-8                Touch L Side, Step L together

**No Tags No Restarts - Repeat and Have Fun**

**Note :for the new dancer, we have chosen to dance through any Restarts**

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