

Long Stretch

拍數: 48 牆數: 4 級數: Improver / Intermediate
編舞者: Tony Myers (UK) - July 2015
音樂: Long Stretch of Love - Lady A



Fast 'Dance Her Home' by the Cody Johnson Band
Slower 'Long stretch of Love' by Lady Antebellum

Intro 'Lady Antebellum' 16 counts. - 'Cody Johnson' 32 counts. Both on vocals.

Cross Shuffle: Right Shuffle Back: ¼ Chasse Left: ¼ Shuffle Back

1&2 Cross left over right(1) Step right to side(&) Cross left over right(2)
3&4 Step back on right(3) Step left with right(&) Step back on right(4)
5&6 Step left to side(5) Step right next to left(&) Turn ¼ left stepping forward on left(6) (9:00)
7&8 Turn ¼ left stepping back on right(7) Step left next to right(&) Step back on right(8) (6:00)

Step Forward, Touch, Step Back: Sailor Step: Touch Forward, Side: Sailor Turn

1&2 Step left forward(1) Touch right to left heel(&) Step back on right(2)
3&4 Step left behind right(3) Step right to right side(&) Step left to left side(4)
5 6 Touch right across left(5) Touch right to right side(6)
7&8 Step right behind left(7) Turn ¼ right stepping left to left side(&) Step right to side(8) (9:00)

Mambo Forward: Coaster Step: Step, Turn, Step: Rock, Turn, Cross

1&2 Rock forward on left(1) Recover on right(&) Step back on left(2)
3&4 Step back on right(3) Step left with right(&) Step forward on right(4)
5&6 Step forward on left(5) Pivot ½ turn right(&) Step forward on left(6) (3:00)
7&8 Rock right to right side(7) Recover on left turning ¼ left(&) Cross right over left(8) (12:00)

Side Rock, Recover: Behind, Turn, Step: Pivot Turn: Point & Point

1 2 Rock left to side(1) Recover on right(2)
3&4 Step left behind right(3) Turn ¼ right stepping forward on right(&) Step forward on left(4)
(3:00)
5 6 Step forward on right(5) Pivot ½ turn left(6) (9:00)
7&8 Point right to right side(7) Step right next to left(&) Point left to left side(8)#restarts

Cross & Heel: & Rock Recover: Shuffle Turn: Step Side, Touch

1&2 Cross left over right(&) Step back on right(&) Dig left heel forward(2)
&34 Step left with right(&) Rock forward on right(3) Recover on left(4)
5&6 Turn 3/8 right step right to side(5) Step left with right(&) Turn 3/8 right step right forward(6)
(6:00)
7 8 Step left to side(7) Touch right to left instep(8)

Touch Back, Unwind: Kick, Out, Out: Touch & Touch: & Sway Left, Right

1 2 Touch right toes back(1) Turn ¼ right stepping onto right(2) (9:00)
3&4 Kick left forward(3) Step out on left(&) Step out on right(4)
5&6 Touch left toes forward(5) Step left next to right(&) Touch right toes forward(6)
&78 Step right next to left(&) Step left to left side, sway to left(7) Sway weight back onto right(8)

#Restart For Lady Antebellum walls 3 & 5 after 32 counts restart dance facing 3:00 & 9:00

Finish for Lady Antebellum. Start wall 7 facing 6:00 dance first 16 counts but don't turn the sailor on counts 15 & 16 to end on front wall.

#Restart For Cody Johnson Band Wall 4 after 32 counts restart dance facing 12:00

Finish for Cody Johnson Band. Start wall 7 facing 6:00 dance first 4 counts then turn ½ left stepping forward on left to end facing front wall

Have Fun.....tonymyers@live.co.uk
