

# Long Way From Over You

COPPERKNOB  
STEPSHEETS

拍數: 112      牆數: 1      級數: Phrased Intermediate  
編舞者: Sylvie Fournier (FR) - September 2017  
音樂: Long Long Way - Alan Jackson



This dance has 3 parts A , B , & C ( 32+ 48+ 32)  
You must dance in this order : ABC ABC BC CC CC

## PART A : 32 counts

### A: TRIPLE STEPS FORWARD, STEP , 1/ 2 TURN, HEEL SWITCHES :

1 & 2            step right forward , bring left next to right , step right forward  
3 & 4            step left forward , bring right next to left , step left forward  
5 – 6            step right forward , pivot 1/ 2 turn to left ( finish with weight on left)  
7 & 8            touch right heel forward , bring it next to left , touch left heel forward

### A: TRIPLE STEP FORWARD , STEP, TURN , ROCK STEP FORWARD , COASTER STEP:

& 9 & 10        bring left next to right , step right forward, bring left next to right, step Right  
11 – 12        step left forward, pivot 1/ 2 turn to right  
13 – 14        rock forward on left , recover  
15 & 16        step left backward , bring right next to left , step left forward

A: [17 to 32] repeat A: [1 to 16]

## PART B: 48 counts

### B: TOE SWITCHES, SYNCOPATED WEAVE, CROSS STEP, HOLD :

1 & 2            point right to right side , bring right next to left , point left to left side  
& 3 & 4        bring left next to right, point right forward, bring it next to left , point left Forward  
& 5 & 6        bring left next to right , cross right over left , step left to left , cross right behind left  
& 7 – 8        step left to left side, cross right over left , hold for 1

### B: TOE SWITCHES, SYNCOPATED WEAVE , POINT , STEP:

9 & 10        point left to left , bring it next to right , point right to right side ,  
& 11 & 12      bring it next to left , point left forward , bring it next to right , point right forward  
& 13 & 14      bring right next to left , cross left over right , step right to right side, Cross left behind right  
& 15 – 16      step right to right , point left to left side , step left next to right (with weight)

### B: SIDE TRIPLE STEP, BACK ROCK STEP , FULL TURN LEFT , CROSS STEP:

17 & 18        step right to right side , bring left next to right , step right to right side  
19 – 20        rock back on left , recover  
21            to 24 full turn to left stepping left , right , left , then cross right over left

### B: SIDE ROCK STEP , COASTER STEP, TRIPLE STEP with 1/ 2 TURN, STOMP, SCUFF:

25 – 26        rock to left on left , bring weight to right  
27 & 28        step left backward , bring right next to left , step left forward  
29 & 30        triple step in place with 1/ 2 turn to left side stepping right, left , right  
31 – 32        stomp left slightly forward , scuff right

B: [33 to 48] repeat B[17 to 32]

## PART C (instrumental) : 32 counts

### C: TRIPLE STEP FORWARD, STEP , TURN, STEP, 2X( SIDE ROCK , CROSS ):

1 & 2            step right forward, bring left next to right , step right forward  
3 & 4            step left forward , pivot 1/ 2 turn to right side , step left forward

5 & 6                 rock to right side , recover , cross right over left  
7 & 8                 rock to left side , recover , cross left over right

**C: STEP , TOGETHER, STEP , TOGETHER , STEP, STOMP-UP, FULL TURN LEFT , POINT:**

9 & 10                 step right diagonally forward, bring left next to right , step right diagonally forward,  
& 11 – 12             bring left next to right , step right diagonally forward, stomp left next to right ( keep weight on  
right )  
13 -16                 full turn to left stepping left , right , left , point right next to left .

**C: [17 to 32] repeat C[1 to 16]**

**Start all over .....**

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