

For Long

拍數: 32 牆數: 4 級數: Intermediate NC
編舞者: Barbara Seelt (NL) & Ray Jones (WLS) - October 2017
音樂: It Won't Be like This for Long - Darius Rucker



Dance starts on lyrics

[1-8] BASIC ROCK FORWARD, ¼ STEP, FULLTURN RONDÉ, ½ TURN CURVING FEATHER, FULL TURN

- 1, 2& Step LF to the L, rock RF over LF, recover weight on LF
3, 4& ¼ turn R step RF forward, cross LF over RF, full turn (facing 3 o'clock)
5, 6& ½ turn R while you walk R, L, R in a half circle
7, 8& Step LF forward, ½ turn L step RF behind, ½ turn L step LF forward

[9-16] SWEEP, CROSS, BACK, SIDE, CROSS, BACK, ROCK, ½ TURN, SWEEP, BEHIND SIDE CROSS

- 1, 2& Step RF forward whilst sweeping LF back to front, cross LF over RF, step RF back
3, 4& Step LF back, cross RF over LF, step LF back (optional: add a ¼ turn L on count 3 – step LF to the L - and turn back on count &)
5, 6& Rock RF behind, recover weight on LF start ½ turn L, step RF back (facing 9 o'clock)
7, 8& Step LF behind whilst sweeping RF front to back, cross RF behind LF, step LF to L

[17-24] CROSS, ROCK AND CROSS, SCISSOR STEP ¼ TURN, FULL TURN, ROCK

- 1, 2& Cross RF over LF, rock LF to L, recover weight on RF
3, 4& Cross LF over RF, step RF to R, ¼ turn L close LF next to RF
5, 6& Step RF forward, ½ turn R step LF backwards, ½ turn R step RF forward (facing 12 o'clock)
7, 8& Rock LF forward, recover weight on RF, step LF back

[25-32] BACK 4X, ROCK BEHIND, ½ TURN ROCK BEHIND, STEP FORWARD, FULL TURN

- 1, 2& Step RF back, step LF back, step RF back
3, 4& Step LF back, rock RF behind, recover weight on LF start ½ turn L (facing 6 o'clock)
5, 6& Step RF back, rock LF behind, recover weight on RF
7, 8& Step LF forward, ½ turn R step RF forward, ½ R touch LF next to RF

After 2nd wall - Tag: two basic L & R

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