

Long Way To Go

拍數: 48 牆數: 2 級數: Improver
編舞者: Åsa Gustafsson (SWE) - November 2019
音樂: Long Long Way - Mando Diao



Starts after 16 counts - One Restart and an Ending

[1-8]: Half a rumba fwd X2 cross back X2

1&2 R to R side, L beside R, R forward
3&4 L to L side, R beside L, L forward
5&6 Cross R over L, step back on L, R to R side
7&8 Cross L over R, step back on R, L to L side

[9-16]: R step turn ½ L, triple full turn L (6 o'clock), L cross rock, R sailor 1/4 R (9 o'clock)

1-2 Step fwd on R ½ turn L step on L (6)
3&4 Full triple turn L stepping R, L and R fwd (6)
5&6 Cross L over R, step on R, L to L side
7&8 Cross R behind L, make ¼ turn R (9) stepping L beside R, step fwd on R

Ending here on wall 6 facing 6 o'clock: Do a R sailor 1/2 (instead of 1/4) to 12 o'clock step fwd R & L to finish.

[17-24]: Mambo fwd x2, L cross rock, chassè

1&2 Fwd on L, step on R, back on L
3&4 Fwd on R, step on L, back on R
5-6 Cross L over R recover R
7&8 Step L to L side, R next to L, L to L side

[25-32]: R cross rock chassè, turn ¼ R (12 o'clock), L to L side, drag R, run 3 small steps

1-2 Cross R over L, recover on L
3&4 Step R to R side, L next to R, turn ¼ R (12) stepping on R
5-6 Step L to L, on count 6 drag R fot next to L, weight on R
7&8 Small run-steps L, R, L

Restart on wall 3 facing 12 o'clock

[33-40]: Step turn step L, full triple turn R, kick ball cross x2 at (6 o'clock)

1&2 Step fwd on R, turning ½ turn L (6) on L, step fwd on R
3&4 Full triple turn R stepping L, R fwd on L (6)
5&6 Kick R fwd, step R next to L, cross L slightly over R
7&8 Kick R fwd, step R next to L, cross L slightly over R

[41-48]: R side rock, cross shuffle, L rock & L coaster step

1-2 Step R to R, recover on L
3&4 Cross R over L, step L to L side, cross R over L
5-6 Step L fwd, recover on R
7&8 Back on L. R next to L, fwd on L

Last Update - 16 Jan. 2020