

Long Long Way

拍數: 32 牆數: 4 級數: Improver
編舞者: Nelly Billes (DE) - December 2019
音樂: Long Long Way - Alan Jackson



No Tag. No Restart.

SECTION 1:

- 1 - 2 STEP RIGHT (to right side.) - TOE TOUCH LEFT (Touch left beside right.)
- 3&4 KICK BALL CHANGE LEFT (Kick left forward. Step left beside right. Step onto right in place.)
- 5&6 HEEL SWITCHES (Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right.)
- &7-8 STEP FORWARD RIGHT - TWIST (With weight on balls of feet heels move freely to the right and back again.)

SECTION 2:

- 1 - 2 ROCK RIGHT (Rock to right side on right. Rock onto left in place.)
- 3&4 CROSS BEHINDE (Cross right behind left.) - STEP LEFT (Step left to left side.) - CROSS (Cross right over left.)
- 5 - 6 ROCK LEFT 1/4 TURN LEFT (Rock to left side on left. Rock onto right making 1/4 left.)
- 7&8 TRIPLE 1/2 TURN LEFT (Triple step 1/2 turn left, stepping - left right left.)

SECTION 3:

- 1 - 2 STEP RIGHT (to right side.) - CROSS BEHINDE (Cross left behind right.)
- &3 STEP RIGHT (to right side.) - HEEL TOUCH (left foot.)
- &4 STEP TOGETHER (left foot) - CROSS (right over left.)
- 5 - 6 STEP LEFT (to left side.) - CROSS BEHINDE (Cross right behind left.)
- &7 STEP LEFT (to left side.) - HEEL TOUCH (right foot.)
- &8 STEP TOGETHER (right foot.) - CROSS (left over right foot.)

SECTION 4:

- 1 - 2 FULL TURN (1/2 left turn, step back right foot, 1/2 left turn, step forward left.)
- 3&4 SHUFFLE FORWARD RIGHT (Step forward right. Close left beside right. Step forward right.)
- 5 - 6 STEP LEFT (to left side.) - TOE TOUCH RIGHT (Touch right beside left.)
- 7&8 KICK BALL CROSS RIGHT (Kick right forward. Step right beside left. Cross left over right.)

Have fun, enjoy the dance and do not forget to smile!