

Long Way Down

COPPER KNOB
STEPPERS

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Glenda Silver (AUS) - August 2019
音樂: Long Way Down (Lookin' up from the Bottom) - The Viper Creek Band : (Album: Kickin' Up Dust - iTunes)



DANCE: Clockwise INTRO: 16 counts from heavy beat on vocals

SIDE RIGHT, TOGETHER, SIDE TOUCH, SIDE LEFT TOGETHER SIDE TOUCH *

1234 Step side R, tog L, side R, touch L beside R
5678 Step side L, tog R, side L, touch R beside L* (12.00)

DOUBLE HIPS, RIGHT & LEFT, SINGLE HIPS

1234 Double hips R, Double hips L
5678 Single hips R L R L (12.00)

TWIST RIGHT & LEFT **

1234 Twist Heels to R, toes R, heels R, clap
5678 Twist heels to L, toes L, centre, clap ** (12.00)

MONTEREY X 1/4 RIGHT, MONTEREY x 1/2 RIGHT

1234 Point R to side, turn 900 R, step R tog, touch L to side, step L tog
5678 Point R to side, turn 1800 R, step R tog, touch L to side, step tog (9.00)

VINE RIGHT, VINE LEFT

1234 Step side R, behind L, side R, touch L beside R
5678 Step side L, behind L, side L, touch R beside L (9.00)

SIDE RIGHT, TOUCH, 1/4 TURN L, TOUCH, X 2

1234 Step R to side, touch L beside R, 1/4 turn L on L, touch R beside L
5678 Repeat above steps (3.00)

SLOW "V" STEP

1234 Toe strut 450 R, toe strut 450 L
5678 Step back centre R, step back centre L (3.00)

HEEL RIGHT FORWARD, TOE BACK, TOGETHER, HOLD, REPEAT ON LEFT

1234 Heel R Fwd, R toe back R, replace beside L, hold
5678 Heel L Fwd, L toe back, L, replace beside R, hold (3.00)

RESTART: * Wall 4 (facing 9.00), Dance to count 8

FINISH: ** Wall 10 (facing 12.00) Dance to count 24

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