

For The Longest Time

COPPER KNOB
STEP SHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Roosamekto Mamek (INA) - May 2020
音樂: The Longest Time - The Overtones



Intro: 16 count

S1. SIDE, TOUCH, HALF BOX

1&2& Step R to side – Touch L together – Step L to side – Touch R together
3&4 Step R to side – Step L together – Step R forward (12:00)
5&6& Step L to side – Touch R together – Step R to side – Touch L together
3&4 Step L to side – Step R together – Step L back

S2. COASTER STEP, FORWARD LOCK SHUFFLE, JAZZ BOX CROSS TURN 1/4 RIGHT

1&2 Step R back – Step L together – Step R forward (12:00)
3&4 Step L forward – Lock R behind L – Step L forward
5-8 Cross R over L – Turn 1/4 right step L back – Step R to side – Cross L over R (3:00)

S3. SIDE ROCK, RECOVER, SIDE CHASSE

1-2 Rock R to side – Recover on L (3:00)
3&4 Step R to side – Step L together – Step R to side
5-6 Rock L to side – Recover on R
3&4 Step L to side – Step R together – Step L to side (3:00)

S4. KICK CROSS OVER, SIDE STEP, SWITCH TOUCHES FORWARD, PADDLE TURN 1/4 LEFT (2X)

1&2& Kick R cross over L – Step R to side – Kick L cross over R – Step L to side (3:00)
3&4& Touch R toes forward – Step R together – Touch L toes forward – Step L together
5-8 Step R forward – Turn 1/4 left (12:00) – Step R forward – Turn 1/4 left (9:00)

REPEAT

RESTART : On wall 3 after 16 count

For more info about step sheet & song, please contact:
Mamek : Roosamekto.Nugroho@gmail.com