

A Long Long Time

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Easy Intermediate
編舞者: Elis Sumarah (INA) - July 2020
音樂: It's Been a Long, Long Time - Louis Armstrong



Intro : 16 count

#S1. CROSS SIDE - SIDE CHASSE - CROSS - LONG DRAG R

1 - 2 Step R to R side,cross L over R
3 & 4 Step R to R side,step L beside R,step R to R side
5 - 6 cross L over R,big step R to R side
7 - 8 Slide L toward R

#S2. SIDE CROSS - SIDE CHASSE TURN 1/4 L- PIVOT 1/2 L - TURN 1/4 L - LONG DRAG R

1 - 2 step L to L side,cross R over L
3 & 4 step L to L side,step R beside L,1/4 turn L step L forward (9:00)
5 - 6 step R forward,Turn 1/2 L (3:00)
7 - 8 turn 1/4 L big step R to R side,slide L toward R (12:00)

#S3. LONG DRAG L,R - VINE KICK

1 - 2 Big step L to L side,slide R toward L
3 - 4 big step R to R side,slide L toward R
5 - 8 step L to L side,cross R over L,step L to L side , diagonal kick R

#S4. VINE R KICK DIAGONAL - FORWARD KICK - BACK TOUCH

1 - 4 Step R to R side, cross L over R,step R to R side, diagonal kick L
5 - 6 step L forward,kick R forward
7 - 8 step R back,cross touch L front R foot

#S5. STEP LOCK FORWARD ,TURN 1/2 L SWEEP R - COUSTER STEP TOUCH

1 - 3 Step L forward,step R behind L,step L forward
4 1/2 turn L with sweep back to front (6:00)
5 - 8 step R forward,step L beside R,step R back,touch L side

#S6. CROSS TOUCH - UNWIND - BENDING TOGETHER

1 - 2 Cross L over R,touch R side
3 - 4 cross R over L, touch L side
5 - 8 cross L beside R, full turn R,step together and bend

#S7. LONG DRAG R - CROSS SHUFFLE - STEP SIDE 1/4 TURN L - FORWARD TOUCH

1 - 2 big step R to R side,slide L toward R
3 & 4 cross L over R,step R to R side, cross L over R
5 - 6 step R to R side,1/4 turn L (9:00)
7 - 8 step R forward,touch L beside R

#S8. WEAVE R TOUCH - CROSS TURN 1/4 R - STEP SIDE - CROSS L OVER R

1 - 4 cross L over R,step R to R side,cross L over R,touch R side
5 - 6 cross R over L, 1/4 Turn R step L Back (6:00)
7 - 8 step R to R side, Cross L over R

Enjoy and happy dance

Contact : +6287882458680 - Elis.kriwil@gmail.com

