

As Long

拍數: 32 牆數: 2 級數: Novice B - Smooth (NCTS)
編舞者: Jettie Feenstra - August 2020
音樂: As Long as There's a Heartbeat - Tanya Tucker : (BPM 80 Pitch Down)



Official WCDF competition dance description 2020

Counter Clockwise

STEP SWEEP, CROSS, SIDE, X2, ¼ TURN L, ½ STEP TURN L, ¼ TURN L, BASIC

1 RF Step forward - LF Sweep forward
2 LF Cross over
& RF Step R
3 LF Step backwards - RF Sweep backwards
4 RF Cross behind
& LF Step L
5 RF ¼ Turn L, step forward (9.00)
6 LF ½ Turn L, step forward (3.00)
7 RF ¼ Turn L, step R (12.00)
8 LF Step together
& RF Cross over

1/8 TURN L, BACKWARDS, ¼ TURN L, CROSS, HALF DIAMOND, SWAY 2X

9 LF 1/8 Turn L, step forward (10.30)
10 RF Step backwards
& LF ¼ Turn L, step together (7.30)
11 RF Cross over
12 LF ¼ Turn L, step forward (4.30)
& RF 1/8 Turn L, step R (3.00)
13 LF 1/8 Turn L, step backwards (1.30)
14 RF Step backwards
& LF 1/8 Turn L, step L (12.00)
15 RF Step R
16 LF Step L

KICK 2X, ¼ TURN R, ½ PIVOT TURN R 2X, SWEEP, SIDE, BACKWARDS, ¼ TURN L CROSS

17 RF Kick forward
18 RF Kick R
19 RF ¼ Turn R, step forward (3.00)
20 LF ½ Turn R, step backwards (9.00)
21 RF ½ Turn R, step forward (3.00) LF Sweep forward
22 LF Cross over
& RF Step R
23 LF Step backwards
24 RF ¼ Turn L, cross behind (12.00)

¼ TURN L, SWEEP, CROSS, BACKWARDS, ¼ TURN R, RUN 3X, BATTEMENT, BACKWARDS, ¼ TURN L 2X, TOUCH

25 LF ¼ Turn L, step forward (9.00) RF Sweep forward
26 RF Cross over
& LF Step backwards
27 RF ¼ Turn R, step forward (12.00)
28 LF Step forward

& RF Step forward
29 LF Step forward - RF Lift backwards, straight leg
30 RF Step backwards
31 LF ¼ Turn L, step L (9.00)
32 RF ¼ Turn L, touch together (6.00)

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