

# L D R (Long Distance Relationship)

COPPER KNOB  
STEPSHEETS

拍數: 48      牆數: 2      級數: Improver  
編舞者: Anna Desiyanti (INA) - October 2020  
音樂: Bacio A Distanza - Giulia Penna



Intro of the music before the dance is 16 counts.

\*1 Restart on Wall 5

\*1 Tag on Wall 5, after 30 Counts

## SESSION 1: \*[1 - 8]: Side Step, Closed Step, Kick Ball Cross, Side Rock, Recover, Cross Shuffle\*

1,2            R Step to the right(1), L Step closed to R(2)  
3,&,4        R Kick the front, weight on L(3), R With ball, step next to L(&), L Step cross over R(4)  
5,6            R Step rock side (5), Recover on L(6)  
7,&,8        R Step cross over L(7), L Slightly step to the left(&), R Step cross over L(8)

## SESSION 2: \*[9 - 16]: Side Rock With Sway, Recover, Step Back Turn, Samba Whisk\*

1,2            L Step rock side(1), With sway, recover on R(2)  
3,&,4        Facing 09:00, L squaring step forward(3), 1/2 Turn facing 03:00, R step backward(&), L Step backward next to R(4)  
5,a,6        Facing 03:00, R Step to the right(5), L Step cross behind R(a), R Step in place(6)  
7,a,8        L Step to the left(7), R step cross behind L(a), L Step in place(8)

## SESSION 3: \*[17 - 24]: Cross Rock, Recover, Step Cross, Hitch, Sway\*

1,&,2,&      R Rock cross over L(1), Recover on L(&), R Step rock side(2), Recover on L(&)  
3,&,4        R Step cross over L(3), L Make a hitch, weight on R(&), L Step cross over R(4)  
5,&,6        R Step side as sway to the right(5), L In place as sway to the left(&), R In place as sway to the right(6)  
7,&,8        L Step in place as sway to the left(7), R In place as sway to the right(&), L In place as sway to the left(8)

## SESSION 4: \*[25 - 32]: Rock Forward, Recover, Step Lock Step Backward, Pivot Turn\*

1,2            R Step rock forward(1), Recover on L(2)  
3,&,4        R Step backward(3), L Step backward locked R(&), R Slightly step backward  
5,&,6        L Step backward(5), R Step backward locked L(&), L Slightly step backward(6)

**\*HERE IS RESTART AND TAG ON WALL 5\***

**-TAG:**

**\*1,&,2 : R Step forward(1), 1/4 Turn facing 12:00 L step in place(&), R Touch next to L(2)**

**\*And the dance Restart from the beginning.**

7,&,8        R Step forward(7), 1/2 Turn facing 09:00 L Step forward(&), R Step next to L(8)

## SESSION 5: \*[33 - 40]: Cross Samba, Jazz Box\*

1,a,2        L Step cross over R(1), R Step to the right(a), L Step in place(2)  
3,a,4        R Step cross over L(3), L Step to the left(a), R Step in place  
5,6            L Step cross over R(5), R Step back behind L(6)  
7,8            1/4 Turn facing 06:00, L step beside R(7), R Step forward(8)

## SESSION 6: \*[41 - 48]: Cross Shuffle, Mambo Side Shimmy Shimmy\*

1,2,&        L Step cross over R(1), Hold L cross over R(2) R Slightly step to the right(&)  
3,&,4        L Step cross over R(3), R Slightly step to the right(&), L Step cross over R(4)  
5,&,6        R Step cross over L(5), L Slightly step to the left(&), R Step cross over L(6)  
7,&,8        With shimmy, L step rock side(7), With shimmy, recover on R(&), L Step next to R(8)

End of the dance is on Wall 6 after 32 Counts

Enjoy The Dance.....

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