

The Long Road

拍數: 64 牆數: 2 級數: Novice WCS
編舞者: Martina Bucco (DE) - November 2020
音樂: The Long Road - Yvonne Fahy & Marc Roberts : (Album: Yvonne Fahy - Diversity)



[1-8] Walk 2x, Steps in place 3x, Chassee 1/2 turn, Coaster Step 1/2 turn

1-2 RF step forward, LF step forward
3&4 RF step behind LF, LF step in Place, RF step in place
5&6 LF step left with 1/4 turn left, RF step beside LF, LF step forward with 1/4 turn left
7&8 RFs tep back with 1/2 turn left, LF step beside RF, RF step forward

[9-16] Side Rock, Cross, Side Rock, Cross, Shuffle, Step 1/2 turn

1&2 LF step left (weight LF), weight back to RF, LF cross over RF
3&4 RF step right (weight RF), weight back to LF, RF cross over LF
5&6 LF step forward, RF step behind LF, LF step forward
7-8 RF step forward, 1/2 turn left on both feet

[17-32] Repeat counts 1-16

At beginning of wall two dance counts 1-16 only one time. Continue with counts 33-64.

[33-40] Box, Step 1/2 turn, Step, Touch, Step, Touch

1&2 RF step right, LF step beside RF, RF step back
3&4 LF step left, RF step beside LF, LF step forward
5&6 RF touch forward, 1/4 turn left (change weight to RF), 1/4 turn left
7&8 LF step diagonal left forward, RF touch beside LF, RF step diagonal right forward, LF touch beside RF

(Option: With slightly bent knee, Turn the knee slightly outwards)

[41-48] Cross Over, Step Back, Step Diagonal Back, Cross Over, Step Back, Step Diagonal Back, Paddle Turn

1&2 LF cross over RF, RF step back, LF step left
3&4 RF cross over RF, LF step back, RF Step right
5-6 RF 1/4 turn right, LF touch left, 1/4 turn right, LF touch left
7-8 RF 1/4 turn right, LF touch left, 1/4 turn right, LF touch left

Instrumental Part: Dance only Part 33-48. Count 48 LF step beside RF. Start the dance again.

[49-56] Touch Step 2x, Kick Ball step, Cross Over, Step

1-2 LF touch forward with hip bump, LF step forward
3-4 RF touch forward with hip bump, RF step forward
5&6 LF kick forward, LF step next to RF, RF step forward
7&8 LF cross over RF, RF step back with 1/4 turn left, LF step LF

[57-64] Heel Turn, Coaster Step, Step, 1/2 Turn, Step, 1/2 Turn, 1/2 Turn, Step

1&2 RF step on heel, 1/4 turn right, LF step back, RF step back
3&4 LF step back, RF step beside LF, LF step forward
5&6 RF step forward, 1/2 turn left (change weight to LF), RF step forward
7&8 LF step back with 1/2 turn right, RF step forward with 1/2 turn right, LF step forward

Enjoy Dancing :-)