

Long Shot

拍數: 36 牆數: 4 級數: Improver
編舞者: Frank Heelan (IRE) - December 2022
音樂: I Came Straight to You - Cliona Hagan



Sec 1 Step lock step, Hold, Step lock step, Hold

1-2-3-4 Step forward right, lock left behind, forward right, Hold.
5-6-7-8 Step forward left, lock right behind, forward left, Hold

Sec 2 Rock recover, turn, Hold. Chasse ¼ turn, Hold

1-2-3-4 Rock forward right, recover to left, ½ turn right stepping forward right, Hold.(6.00)
5-6-7-8 Turn ¼ right step left to left, right together, left to left, Hold.(9.00)

Sec 3 Back rock recover, side touch, side together, forward, Hold.

1-2 Rock right behind, recover to left.
3-4 Step right to right, touch left next to right.
5-6 Step left to left, step right next to left.
7-8 Step forward left, Hold.

Sec 4 Rock forward recover, rock back recover, step turn, rock back recover.

1-2 Rock forward right, recover to left.
3-4 Rock back right, recover to left.***
5-6 Step forward right, turn ½ right stepping back on left.
7-8 Rock back on right, recover to left.

Sec 4 Step forward touch, step back touch.

1-2 Step forward right, touch left behind.
3-4 Step back left, touch right in front.

Restarts: Wall 4 and wall 7 dance 28 counts and restart ***

Contact: heelanjohnl@gmail.com