

# Distant

拍數: 64      牆數: 4      級數: Advanced  
編舞者: Hiroko Carlsson (AUS) - December 2022  
音樂: Distant - Hanne Mjøen : (Spotify/Apple Music/Deezer)



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(Dance starts on lyrics)

## [S1] Fwd, Hold, &-Fwd Rock, Touch-Unwind 3/4R, Fwd Together

1 2&      Step forward on R, Hold, Step L next to R  
3 4      Rock forward on R, Replace weight on L  
5 6      Touch R behind L, Unwind 3/4R weight ends on L (9:00)  
7 8      Step forward on R, Step L next to R

## [S2] Back, Hold, &-Back-Back, Cross-Unwind 1/2L, Back Rock

1 2&      Step back on R, Hold, Step L next to R  
3 4      Step back on R, Step back on L  
5 6      Touch/cross R over L, Unwind 1/2L weight ends on R (3:00)  
7 8      Rock back on L, Replace weight on R

## [S3] L-R Side Rock, Side Rock

1 2 3      Rock L to the side, Replace weight on R, Cross L over R  
4 5 6      Rock R to the side, Replace weight on L, Cross R over L  
7 8      Rock L to the side, Replace weight on R

## [S4] Cross, Hold, &-Cross, Hold, &-Cross Shuffle, Side Rock

1 2&      Cross L over R, Hold, Step R close to L  
3 4&      Cross L over R, Hold, Step R close to L  
5&6      Cross L over R, Hold, Step R close to L, Cross L over R  
7 8      Rock R to the side, Replace weight on L

## [S5] Cross, Slide, 1/4R-1/2R, Fwd-1/2R (Sit Back), Fwd-1/2R-

1 2      Cross R over L, Dragging L close to R  
3 4      Make a ¼ turn right stepping back on L, Make a ½ turn right stepping forward on R (12:00)  
5 6      Step forward on L, Make a ½ turn right weight on L slightly sitting back (6:00)  
7 8      Step forward on R, Make a ½ turn right stepping back on L (12:00)-

## [S6] -Back Rock, Side, Behind-Side, Cross-Reverse Side Roll-

1 2 -      Rock back on R, Replace weight on L  
3 4&      Step R to the side, Step L behind R, Step R to the side  
5 6      Cross L over R, Make a ¼ turn left stepping back on R (9:00)  
7 8      Make a ½ turn left stepping forward on L (3:00), Make a ¼ turn left stepping (rock) R to the side (12:00) -prep for hinge turn 1/2R-

## [S7] Hinge 1/2R w/ Lift, Fwd-Fwd, Fwd-1/2R w/Lift, Run-Run-Run

1 2      Push back/ replace weight on L making a ½ turn right on ball of L foot (6:00), Lift R forward  
3 4      Step forward on R, Step forward on L  
5 6      Step forward on R making a ½ turn left on ball of R foot (12:00), Lift L forward  
7&8      Run forward on L-R-L

## [S8] Step-Pivot 1/4L, Cross-Side-Behind-1/4L, Step-Pivot 1/4L

1 2      Step forward on R, Make a ¼ turn left recover weight on L (9:00)

3 4            Cross L over R, Step L to the side  
5 6            Step R behind L, Make a  $\frac{1}{4}$  turn left stepping forward on L (6:00)  
7 8            Step forward on R, Make a  $\frac{1}{4}$  turn left recover weight on L

**No tags or restarts**

**Ending suggestion: The last wall starts facing 3:00. Dance up to Section 4 count 6 (6:00), then Rock R to the side (7), Recover weight on L making a  $\frac{1}{4}$  turn left (8), Make a further  $\frac{1}{4}$  turn left stepping R to the side (1).**

**(updated: 21/Dec/22)**

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