

Long Shot

拍數: 48 牆數: 2 級數: Intermediate - WCS
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音樂: Long Shot - Dan Pellarin



Introduction: 32 counts - Sequence: 48 tag 32 48 32 48 repeat last 16

[1-8] ¼ TURN R CROSS SHUFFLE, ½ L TURN CROSS SHUFFLE, FULL TURN R CROSS, HITCH SIDE TOUCH POINT

1&2 Step RF forward, ¼ turn R... Step LF side, Cross RF over LF (3:00)
3&4 ¼ turn L... Step LF forward, ¼ turn L... Step RF side, Cross LF over RF (9:00)
5&6 ¾ turn R... Step LF forward, ¼ turn L... Step LF side, Cross RF over LF (9:00)
&7&8 Hitch L, Step LF side, Touch R toe together, Point R toe side

[9-16] CROSS MAMBO TRAVELLING FORWARD x2, STEP ½ L TURN STEP, FULL TURN R STEP

1&2 Cross rock RF over LF, Recover on LF, Step RF slightly forward
3&4 Cross rock LF over RF, Recover on RF, Step LF slightly forward
5&6 Step RF forward, ½ turn L... Step LF forward, Step RF forward (3:00)
7&8 ½ turn R... Step LF back, ½ turn R... Step RF forward (3:00)

[17-24] WALK, WALK, SAILOR ½ TURN R, WALK, WALK, SAILOR ¼ TURN L

1-2 Step RF forward, Step LF forward
3&4 ¼ turn R... Cross RF behind LF, ¼ turn R... Step LF side, Step RF forward (9:00)
5-6 Step LF forward, Step RF forward
7&8 ¼ turn L... Cross LF behind LF, Step RF side, Step LF side (6:00)

[25-32] SYNCHOPATED JAZZ BOX TO MAMBO BIG STEP SIDE, CROSS SAMBA x2

1&2 Cross RF over LF, Step LF back, Step RF side
&3&4 Cross rock LF over RF, Recover on RF, Big step LF side, Drag RF in
5&6 Cross RF over LF, Rock LF side, Recover on RF
7&8 Cross LF over RF, Rock RF side, Recover on LF

RESTART here wall 2 & 4

[33-40] ¼ TURN L SIDE TOUCH & SNAP, SHUFFLE ¼ TURN L, KICK CROSS ROCK STEP x2

1-2 ¼ turn L... Step RF side make circle with upper arms CCW, Touch L toe behind RF snapping both fingers R (3:00)
3&4 Step LF side, Step RF together, ¼ turn L... Step LF forward (12:00)
5&6& Kick RF forward, Cross RF over LF, Rock LF side, Recover on RF
7&8& Kick LF forward, Cross LF over RF, Rock RF side, Recover on LF

[41-48] REPEAT COUNTS 33-40

1-2 ¼ turn L... Step RF side make circle with upper arms CCW, Touch L toe behind RF snapping both fingers R (9:00)
3&4 Step LF side, Step RF together, ¼ turn L... Step LF forward (6:00)
5&6& Kick RF forward, Cross RF over LF, Rock LF side, Recover on RF
7&8& Kick LF forward, Cross LF over RF, Rock RF side, Recover on LF

A the end of wall 1, add a 4 count TAG :

Cross RF over LF and slowly unwind ½ turn L, recover weight on LF (12:00)

At the end of wall 5, repeat the last 16 counts (12:00)

Have FUN !!! ☐

