

Long Distance Information

拍數: 76 牆數: 4 級數: Intermediate
編舞者: David Spencer (UK) & Kate Jones (UK)
音樂: Memphis - Sammy Kershaw



RIGHT SCISSOR STEP, HOLD (& CLAP), LEFT SCISSOR STEP, HOLD (& CLAP)

- 1-2 Step right to right side, step left beside right and slightly back
- 3-4 Cross step right over left, hold and clap
- 5-6 Step left to left side, step right beside left and slightly back
- 7-8 Cross step left over right, hold and clap

SIDE BEHIND SWEEP, RIGHT LOCK STEP BACK, HOLD

- 1-2 Step right to right side, step left behind right
- 3-4 Sweep right out to right side and behind left over two counts, (weight on left)
- 5-8 Step down on right behind left, lock left across right, step back on right, hold

TOE POINTS, HOLD, LEFT CROSS SHUFFLE, HOLD

- 1-2 Point left toe to left side, point left toe forward in front of right
- 3-4 Point left toe to left side, hold
- 5-8 Left cross shuffle traveling forward on right diagonal (body facing front), hold

TOE POINTS, HOLD, RIGHT CROSS SHUFFLE, HOLD

- 1-2 Point right toe to right side, point right toe forward in front of left
- 3-4 Point right toe to right side, hold
- 5-8 Right cross shuffle traveling forward on left diagonal (body facing front), hold

2XQUARTER TURNS RIGHT, STEP FORWARD, HOLD, RIGHT LOCK STEP FORWARD HOLD

- 1-2 ¼ turn right stepping back on left, ¼ turn right stepping right to right side
- 3-4 Step forward on left, hold
- 5-8 Step forward on right, lock left behind right, step forward on right, hold

VINE LEFT, APPLEJACKS (OR HEEL SPLITS)

- 1-2 Step left to left side, step right behind left
- 3-4 Step left to left side, step right beside left (feet slightly apart)
- 5-6 Swivel left toe and right heel to left, return to center
- 7-8 Swivel right toe and left heel to right, return to center, (weight ends on left)

Easier option: counts 5-8 split heels apart-together, apart-together

MONTEREY HALF TURN RIGHT, MONTEREY QUARTER TURN RIGHT

- 1-2 Point right to right side, make ½ turn right stepping right beside left
- 3-4 Point left to left side, step left beside right
- 5-6 Point right to right side, make ¼ turn right stepping right beside left
- 7-8 Point left to left side, step left beside right

APPLEJACKS (OR HEEL SPLITS), RIGHT TOE STRUT FORWARD, LEFT TOE STRUT HALF TURN RIGHT

- 1-2 Swivel left toe and right heel to left, return to center
- 3-4 Swivel right toe and left heel to right, return to center, (weight ends on left)
- 5-6 Step forward on right toe, drop right heel to floor
- 7-8 Make ½ turn right stepping back on left toe, drop left heel to floor

Easier option: counts 1-4 split heels apart-together, apart-together

BACK ROCK, STEP FORWARD, HOLD, SHUFFLE FULL TURN RIGHT, HOLD

1-4 Rock back on right, rock forward on left, step forward on right, hold

5-8 Shuffle full turn right (traveling forward) stepping left right left, hold

Easier option: 5-8 left lock step forward, hold

HEEL DIG & TOE TOUCHES

1-2 Touch right heel forward, touch right toe back

3-4 Touch right toe to right side, touch right toe beside left

REPEAT

ENDING

Dance up to count 24 (left cross shuffle on right diagonal, hold) then:

1-2 Point right toe to right side, stomp right beside left
