

Long Gone

拍數: 64 牆數: 4 級數:
編舞者: Peter Metelnick (UK)
音樂: Gone (That'll Be Me) - Dwight Yoakam



When dancing to "Gone", start right after he sings "that'll be" (on the word "me"). It is a very quick start!

STOMP FORWARD, SLAP, SLAP, LEFT HEEL & TOE, ¼ LEFT

- 1-2 Stomp right foot forward, stomp left foot together
- 3-4 Raise right leg up behind left and slap boot with left hand, step right foot together
- 5-6 Raise left leg up turning left foot to the right and slap boot with right hand, touch left heel forward
- 7-8 Touch left toe back, turn ¼ left keeping weight on right foot

VINE LEFT, ROLL RIGHT (FULL TURN)

- 1-4 Step left foot to left side, cross right foot behind left, step left foot to left side, touch right foot together & clap
- 5-8 Step right foot to right side starting to turn right, step left foot forward continuing to turn right, step on right foot completing full turn, step on left foot (weight on left foot)

Option: vine right in place of roll right

RIGHT & LEFT HEEL STEPS, TRAVEL LEFT, RIGHT HEEL FORWARD, RIGHT TOE BACK

- 1-4 Touch right heel forward, step right foot together, touch left heel forward, step left foot together
- 5-6 Cross right foot over left, step left foot to left side
- 7-12 Repeat above 6
- 13-16 Tap right heel forward twice, tap right toe back twice

MONTANA KICKS

- 1-4 Step right foot forward, kick left foot forward and clap, step right, left foot back, touch right toe back and clap
- 5-8 Repeat above 4

FORWARD SHUFFLES, ½ LEFT

- 1&2 Step right foot forward., Step left foot together, step right foot forward
- 3&4 Step left foot forward, step right foot together, step left foot forward
- 5-6 Step right foot forward, ½ pivot turn left

FORWARD SHUFFLES, ¼ LEFT

- 1&2 Step right foot forward, step left foot together, step right foot forward
- 3&4 Step left foot forward, step right foot together, step left foot forward
- 5-6 Step right foot forward, ¼ pivot turn left (weight on left foot)

JAZZ BOX, JAZZ BOX WITH ¼ TURN RIGHT

- 1-4 Cross right foot over left, step back on left foot, step right foot to right side, step left foot together
- 5-8 Cross right foot over left, step back on left foot, turn ¼ turn right on right foot, step left foot together

FORWARD STOMP, CLAP

- 1-4 Stomp right foot forward, hold & clap, stomp left foot forward, hold & clap

REPEAT

