

Long Gone

拍數: 32 牆數: 4 級數:
編舞者: Mark Simpkin (AUS) & Robin Imms (AUS)
音樂: How Long Gone - Brooks & Dunn



-
- 1-4 Step right back, rock forward onto left, shuffle forward right left right angling body to left
5&6 Turning ½ turn right shuffle back left right left (this is a curving shuffle)
7-8 Step back on right, rock forward onto left
- 1&2 Shuffle forward right left right, angle body to left turning ½ turn left
3&4 Shuffle back left right left
5-6 Step back on right, rock forward onto left
7&8 Shuffle forward right left right
- 1&2 Shuffle forward left right left
3-4 Step right forward into a knee bend, rock back on left pushing off right foot
5&6 Shuffle back right left right
&7&8 Pivot ¼ turn left on right foot & shuffle to the side left right left
- 1&2 Kick right across left, step ball of right to right side, step left across right
3-4 Step right a large step to right, slide left beside right
5&6 Kick left across right, step ball of left to lside, step right across left
7-8 Step left a large step to left side, slide right beside left

REPEAT
