

Long Goodbye

拍數: 64 牆數: 4 級數: Improver
編舞者: Michael Vera-Lobos (AUS)
音樂: The Long Goodbye - Ronan Keating



STEP FORWARD, DRAG, ROCK FORWARD, ROCK BACK, ¼ STEP, HOLD, CROSS, HOLD

1-2-3-4 Step forward right, drag left towards right, rock forward left, rock back on right
5-6-7-8 Turning ¼ left step left to left, hold, cross right over left, hold (9:00)

SIDE ROCK, RECOVER, CROSS, HOLD, TURN ¼ RIGHT, ¼ RIGHT, ½ RIGHT, HOLD

1-2-3-4 Rock left to left, rock weight center on right, cross left over right, hold
5-6-7-8 Travel right - turn ¼ right stepping on right, turn ¼ right stepping on left, turn ½ right stepping on right, hold (9:00)

CROSS ROCK, REPLACE, STEP SIDE, HOLD, CROSS ROCK, REPLACE, ¼ RIGHT, HOLD

1-2-3-4 Cross rock left over right, rock back on right, step left to left, hold (9:00)
5-6-7-8 Cross rock right over left, rock back on left, turn ¼ right on right, hold (12:00)

STEP FORWARD, ½ PIVOT, STEP FORWARD, HOLD, STEP FORWARD, ½ TURN, ½ TURN, HOLD

1-2-3-4 Step forward left, pivot ½ right, step forward left, hold (6: 00)
5-6-7-8 (Travel forward over right) step forward right, step forward left turning ½ right, step back on right turning ½ right, hold (weight right) (6:00)

ROCK FORWARD, HOLD, ROCK BACK, DRAG, BACK, TOGETHER, FORWARD, HOLD

1-2-3-4 Rock forward left, hold, rock back, drag left toe towards right (weight right)
5-6-7-8 Step back left, step right beside left, step forward left, hold (weight left) (6:00)

STEP, ½ PIVOT, STEP FORWARD, HOLD, STEP FORWARD, ½ PIVOT, STEP FORWARD, HOLD

1-2-3-4 Step forward right, pivot ½ left, step forward right, hold (12:00)
5-6-7-8 Step forward left, ½ pivot right, step forward left, hold (6: 00)

STEP SIDE, STEP BEHIND, ¼ RIGHT, ½ RIGHT, STEP BACK, STEP BESIDE, STEP FORWARD, HOLD

1-2-3-4 Step side right, cross left behind right, turn ¼ right on right, turn a further ½ right stepping back on left (3: 00)
5-6-7-8 Step back right, step left beside right, step forward on right, hold

¼ RIGHT, STEP BEHIND, ¼ LEFT, ½ LEFT, STEP BACK, STEP TOGETHER, STEP FORWARD, HOLD

1-2-3-4 Turning ¼ right step left to left side, cross right behind left, turn ¼ left stepping onto left, turn a further ½ left stepping back on right (end weight right facing 9:00)
5-6-7-8 Step back left, step right beside left, step forward left, hold (keep weight left)

REPEAT
