

# 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



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## 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**

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