A Long Goodbye

拍數: 32

級數: Intermediate/Advanced

編舞者: Frank Cooper (CAN)

音樂: The Long Goodbye - Brooks & Dunn

Start the dance 16 counts in from the beginning of the song, 16 counts before the vocals

SIDE STEP RIGHT, CROSS ROCK BEHIND, SIDE STEP LEFT, CROSS ROCK BEHIND, FULL TURN LEFT, ROCK & STEP

- 1 Take a big step out to right side with right foot
- 2&3 Cross rock left foot behind right, step right foot in place, step left foot to left side
- 4& Cross rock right foot behind left, step left foot in place
- 5-6 Step back on right foot making ½ turn left, step forward on left foot making ½ turn left

Optional: if you don't like to turn for counts 5-6 just walk forward right then left

7&8 Rock forward on right foot, recover onto left foot, step back on right foot

ROCK AND STEP 45 DEGREE ANGLE LEFT, ROCK AND CROSS, SYNCOPATED WEAVE RIGHT

- 9&10 Rock back on left foot, recover onto right foot, step forward on left foot 45 degree angle to left
- 11&12 Rock right foot out to right side, recover onto left foot completing ¼ turn left, step right foot over left
- 13&14Step back on left foot, step open with right foot, step left foot over right
- &15&16Step open with right foot, step left foot behind right, step open with right (&), point left toe to
left side

BALL CROSS, STEP BACK 45 DEGREE ANGLE RIGHT, ROCK BACK & STEP, SYNCOPATED PIVOT $\frac{1}{2}$ TURN RIGHT, TRIPLE FULL TURN LEFT

- &17-18 Step home on left foot, step right foot over left foot, step back on left foot 45 degree angle to right
- 19&20 Rock back on right foot, recover onto left foot, step forward on right foot completing ¼ turn right
- 21&22 Point left toe forward, pivot ½ turn right, step forward on left foot
- 23&24 Triple full turn left stepping right, left, right traveling forward

STEP SIDE, TOUCH RIGHT, TRIPLE FULL TURN RIGHT, CROSS ROCK & STEP, SYNCOPATED JAZZ

BOX

25-26 Step left foot to left side, touch right toe out to right side

- 27&28 Triple full turn right stepping right, left, right traveling to right side
- 29&30 Cross left foot over right, recover onto right foot, step open with left foot
- 31&32& Cross right over left foot, step back on left foot, step open with right foot, step left foot over right foot

REPEAT

TAG

At the end of the 6th wall which will be facing the front, there will be a 2 count tag

1-2 Point right toe to right side, drag in beside left

Start dance from the beginning





牆數:2