

# The Long Goodbye

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: EmCee (UK)  
音樂: The Long Goodbye - Brooks & Dunn



## BEHIND SIDE CROSS, ROCK RECOVER, SHUFFLE FORWARD, FULL TURN, SWEEP

1&2      Left behind right, right to right side, left in front of right  
3-4      Rock out to right, recover weight onto left  
5&6      Facing left diagonal forward on right, step left next to right instep, forward on right  
7&8&      ¼ turn right step left to left side, ¼ turn right step right in place, ½ turn right step back on left, sweep right out to right side (still facing left diagonal) (shuffle back to avoid full turn)

## BACK, BACK, COASTER CROSS, ROCK ¼ TURN CROSS, ¼ TURN, SWEEP

1-2      Step right back, step left back  
3&4      Step back on right, step left next to right, cross right in front of left  
5&6      Rock left out to left side, ¼ turn right recover weight onto right, step forward on left (now facing 1st wall)  
7&8&      ¼ turn left step right next to left, ¼ turn left step left in place, ¼ turn left step right next to left, sweep left out to left side

To avoid ¾ turn - for last 4 counts sway onto right, onto left, ¼ right step right in place, hold

## LOCK STEPS BACK, MAMBO BACK, MAMBO FORWARD, LOCK STEPS BACK

1&2      Step left back, step right back across left, step left back  
3&4      Rock right back, recover weight onto left, step forward on right  
5&6      Rock left forward, recover weight onto right, step left back  
7&8      Step right back, step left back across right, step left back

## BEHIND SIDE STEP, STEP ½ PIVOT STEP, ¼ TURN SIDE SHUFFLE, CROSS ROCK RECOVER SIDE

1&2      Step left behind right, step right to right side, step left forward  
3&4      Step right forward, pivot ½ turn left step left in place, step right forward  
5&6      ¼ turn right step left to left side, step right next to left, step left to left side  
7&8      Rock right across left, recover weight onto left, step right to right side

## CROSS ¼ TURN STEP BACK, COASTER STEP, SHUFFLE FORWARD, MAMBO FORWARD

1&2      Cross left over right, ¼ turn left step right in place, step back on left  
3&4      Step right back, step left next to right, step right forward  
5&6      Step left forward, step right next to left instep, step left forward  
7&8      Rock right forward, recover weight onto left, step right back

## LEFT SAILOR, FULL TURN, ROCK RECOVER CROSS, FULL TURN, ¼ TURN SWEEP

1&2      Step left behind right, step right to right side, step left to left side  
3-4      Touch right behind left, unwind full turn right putting weight onto right  
5&6      Rock left to left side, recover weight onto right, cross left over right  
7&8&      ¼ turn left step right back, ½ turn left step left forward, ¼ turn left step right to right side (traveling right), ¼ turn left sweep left out to left side

REPEAT