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

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& 1/4 turn right step left to left side, 1/4 turn right step right in place, 1/2 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 1/4 TURN CROSS, 1/4 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 3/4 turn - for last 4 counts sway onto right, onto left, 1/4 right step right in place, hold

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

Step left back, step right back across left, step left back
Rock right back, recover weight onto left, step forward on right
Rock left forward, recover weight onto right, step left back
Step right back, step left back across right, step left back

BEHIND SIDE STEP, STEP 1/2 PIVOT STEP, 1/4 TURN SIDE SHUFFLE, CROSS ROCK RECOVER SIDE

1&2 Step left behind right, step right to right side, step left forward

Step right forward, pivot ½ turn left step left in place, step right forward ½ turn right step left to left side, step right next to left, step left to left side Rock right across left, recover weight onto left, step right to right side

CROSS 1/4 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 Rock right forward, recover weight onto left, step right back

LEFT SAILOR, FULL TURN, ROCK RECOVER CROSS, FULL TURN, 1/4 TURN SWEEP

Step left behind right, step right to right side, step left to left side
Touch right behind left, unwind full turn right putting weight onto right
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), 1/4 turn left sweep left out to left side

REPEAT