

# Long Hard Ride

拍數: 48      牆數: 4      級數: Improver waltz  
編舞者: DJ Dan (NL) & Wynette Miller (NL)  
音樂: Long Hard Ride - Joni Harms



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## DIAGONAL BASIC FORWARD, RIGHT AND LEFT

### Angle your body

- 1-3            Step right forward on left diagonal, step left next to right, step right in place, facing front wall  
4-6            Step left forward on right diagonal, step right next to left, step left in place, facing front wall

## BASIC BACK, BASIC FORWARD ¼ TURN LEFT

- 1-3            Step right back, step left next to right, step right in place  
4-6            Step left forward with ¼ turn left, step right next to left, step left in place (9:00)

## BASIC BACK, STROLL FORWARD

- 1-3            Step right back, step left next to right, step right in place  
4-6            Step left forward, lock right behind left, step left forward

## STEP-½ TURN-STEP, STROLL FORWARD

- 1-3            Step right forward, make ½ turn left, step right forward (3:00)  
4-6            Step left forward, lock right behind left, step left forward

## STEP-DRAG AND RISE-KICK, BACK-POINT-HOLD

- 1-3            Step right forward, drag left forward rising on ball of right, kick left forward  
4-6            Step left back, point right toe to right side, hold

## TWINKLES, RIGHT AND LEFT

- 1-3            Cross right over left, step left to left side, step right in place  
4-6            Cross left over right, step right to right side, step left in place

## BASIC FORWARD AND BACK

- 1-3            Step right forward, step left next to right, step right in place  
4-6            Step left back, step right next to left, step left in place

## CROSS-SIDE ROCK, RIGHT AND LEFT

- 1-3            Cross right over left, rock left to left side, recover weight onto right  
4-6            Cross left over right, rock right to right side, recover weight onto left

## REPEAT

## TAG

After the 3rd wall facing 9:00

## BASIC FORWARD ¼ TURN RIGHT, BASIC BACK, TWICE

- 1-3            Step right forward with ¼ turn right, step left next to right, step right in place  
4-6            Step left back, step right next to left, step left in place  
7-9            Step right forward with ¼ turn right, step left next to right, step right in place  
10-12        Step left back, step right next to left, step left in place
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