

# Long Slow Beautiful Dance

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Setsuko Motoki (JP)  
音樂: Long Slow Beautiful Dance - Rascal Flatts



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## STEP, ROCK, RECOVER, TWICE, PIVOT ½ TURN LEFT, RIGHT COASTER

1-2&      Step diagonally forward on right foot, rock left foot behind right, recover to right foot  
3-4&      Step diagonally forward on left foot, rock right foot behind left, recover to left foot  
5-6      Step forward on right foot with ½ turn left, step back on left foot  
7&8      Step back on right foot, step left foot beside right, step forward on right foot

## STEP, ROCK, RECOVER, TWICE, PIVOT ½ TURN RIGHT, LEFT COASTER

1-2&      Step diagonally forward on left foot, rock right foot behind left, recover to left foot  
3-4&      Step diagonally forward on right foot, rock left foot behind right, recover to right foot  
5-6      Step forward on left foot with ½ turn right, step back on right foot  
7&8      Step back on left foot, step right foot beside left, step forward on left foot

## WEAVE RIGHT, ROCK, RECOVER, TRIPLE ¾ TURN LEFT

1-2&      Step right foot to right side, step left foot behind right, step right foot to right side  
3&4      Step left foot across right step right to right side, step left foot behind right  
5-6      Rock forward on right foot, recover to left foot with ¼ turn left  
7&8      Triple ½ turn left stepping right-left-right

## SHUFFLE FORWARD, SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT

1&2      Step forward on left foot, step right foot beside left, step forward on left foot  
3&4      Step right foot to right side, step left foot beside right, step right foot to right side  
5-6      Rock left foot across right, recover to right foot  
7&8      Step left foot to left side, step right foot beside left, step left foot to left side

**REPEAT**

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