

Long Way Down

拍數: 64 牆數: 4 級數: Intermediate/Advanced
編舞者: Alan Birchall (UK)
音樂: Long Way Down - Hal Ketchum



WEAVE, ROCK, ¼ RECOVER, STEP, ½ PIVOT, CROSS

1-2 Cross left over right, step right to right
3-4 Cross left behind right, rock right to right
5-6 Recover on left making ¼ turn left, step forward on right (9:00)
7-8 ½ pivot left, cross right over left (3:00)

POINT, HOLD, ¾ MONTEREY, 'ROCK STRUTS'

1-2 Point left to left, hold
3-4 ¾ turn left, stepping left by right (6:00)
5-6 Touch right toe to right, drop right heel to floor - transferring weight to right
7-8 Touch left toe to left, drop left heel to floor - transferring weight to left

Steps 5-8 should appear like a rocking motion

CROSS BEHIND ROCK, RECOVER, SIDE, BEHIND, ROCK, DIAGONAL LOCK STEP

1-2 Cross rock right behind left bending upper body to left, recover on left
3-4 Step right to right, cross left behind right
5-6 Rock right to right, step left to left diagonal
7-8 Lock right behind left, step forward on left

¼ TURNING JAZZ BOX, STEP, ½ PIVOT, STEP, HOLD

1-2 Cross right over left, step back on left making ¼ turn right (9:00)
3-4 Step right to right, step forward on left
5-6 Step forward on right, ½ pivot left (3:00)
7-8 Step forward on right, hold

ROCKING CHAIR, ½ TURN, TAP, ¼ TURN, STEP

1-2 Rock forward on left, recover on right
3-4 Rock back on left, recover on right
5-6 Making ½ turn right step back on left, tap right in front of left (9:00)
7-8 Making ¼ turn right step forward on right, step left to left (12:00)

CROSS ¾ UNWIND, STEP, TAP, BACK LOCK STEP, STEP

1-2 Cross right behind left unwind ¾ turn right step (9:00)
3-4 Forward on left, tap right behind left
5-6 Step back on right, lock left over right
7-8 Step back on right, step back on left

ROCK STEPS, STEP, CROSS

1-2 Rock back on right, recover on left
3-4 Rock right to right, recover on left
5-6 Rock forward on right, recover on left
7-8 Step right to right, cross left over right

MONTEREY TURNS, ROCK RECOVER

1-2 Point right to right, make ½ turn right, stepping right by left - crouching down (3:00)
3-4 Point left to left, step left by right

5-6 Point right to right, make $\frac{1}{2}$ turn right, stepping right by left - crouching down (9:00)
7-8 Rock left to left, recover on right

REPEAT
