

The Long Way

拍數: 32 牆數: 2 級數: Beginner
編舞者: Nicola Thompson (UK)
音樂: Taking The Long Way Round - The Chicks



RIGHT HEEL, HOOK, HEEL, TOGETHER, LEFT TOE TOUCH FLICK AND CROSS, RIGHT STEP BACK ¼ TURN LEFT

- 1-2 Right heel dig and hook right foot to left knee
- 3-4 Right heel dig and replace right together
- 5-6 Left toe touch to right instep and flick out diagonally left
- 7-8 Bring left back to cross in front and step back right making ¼ turn left

LEFT BACK SHUFFLE, RIGHT COASTER STEP, LEFT HEEL, HOOK, HEEL, TOGETHER

- 1&2 Left shuffle back left, right, left
- 3&4 Step right back, left back together and right forward
- 5-6 Left heel dig and hook left foot to right knee
- 7-8 Left heel dig and replace left together

RIGHT FORWARD SLAP LEFT BEHIND, STEP BACK LEFT SLAP RIGHT IN FRONT, RIGHT STEP PIVOT ½ TURN TO LEFT, WALKS RIGHT, LEFT

- 1-2 Step right forward slap left behind (optional - left tap instead of slap)
- 3-4 Step back on left and slap right in front (optional - right tap instead of slap)
- 5-6 Right step forward pivot ½ turn to left
- 7-8 Walk forward right then left

RIGHT BACK SHUFFLE, LEFT COASTER STEP, ¼ MONETARY TURN TO RIGHT, LEFT POINT TOGETHER

- 1&2 Right shuffle back right, left, right
- 3&4 Step left back, right back together and left forward
- 5-6 Point right toe to right side and turn ¼ to right on ball of left replacing right together
- 7-8 Point left out to left side and step together (weight on left to start again)

REPEAT
