

A Long, Long Way

COPPERKNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Improver
編舞者: Johnny S. (UK)
音樂: My Maria - Johnny Earle



ROCK- RECOVER WITH CROSS SHUFFLE TWICE:

1-2 Step/rock right foot to right side, recover weight onto left foot
3&4 Cross right foot over left foot, step left foot to left side, cross right foot over left foot again
5-6 Rock left foot to left side, recover weight onto right foot
7&8 Cross left foot over right foot, step right foot to right side, cross left foot over right foot again

ROCK-RECOVER, TURN ½ RIGHT, SHUFFLE, PIVOT ½ TURN RIGHT, SHUFFLE:

1-2 Rock right foot forward, recover weight onto left foot while making ½ turn right on ball of left foot
3&4 Shuffle forward right, left, right
5-6 Step left foot forward, pivot ½ turn right
7&8 Shuffle forward left, right, left

ROCK-RECOVER, SLOW CROSS SHUFFLE LEFT, RIGHT COASTER STEP:

1-2 Rock right foot forward, recover weight onto left foot
This next move is a slow cross-shuffle to the left, with hip movements left, right, left, right (weight ends on left foot)
3-4 Cross right foot over left foot, and keeping left foot facing directly to front, step left foot to left side
5-6 Cross right foot over left foot, and keeping left foot facing directly to front, step left foot to left side
7&8 Step right foot back, step left foot next to right foot, step right foot slightly forward

POINT, TURN ¼ LEFT, LEFT COASTER STEP, POINT, TURN ½ LEFT, TOE TOUCHES:

1-2 Point left toe to left side, on ball of both feet make ¼ turn left (weight on right foot)
3&4 Step left foot back, step right foot beside left foot, step left foot slightly forward
5-6 Point ball of right toe forward, on ball of both feet make ½ turn left (weight on left foot)
7&8 Touch right to right side, touch right toe beside left foot, touch right toe to right side

REPEAT

TAGS

To make the dance fit with Johnny Earle's version, after the 3rd sequence (after the chorus & facing the back wall) you'll hear the same 16 counts as at the intro:

1-16 Repeat the first 8 counts of the dance twice, and start the dance from the beginning

After the 6th sequence you'll be facing the front wall, where there is an 8 count Tag before Johnny sings the second chorus:

1-8 Repeat the first 8 counts of the dance once only, and start the dance again from the beginning

For a grand finish in section 4 (count 5): point right toe forward and spread both hands outwards and hold!