

# A Long, Long Way

COPPERKNOB  
BY STEPHEN HETS

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!