The Longest Time

級數: Improver

編舞者: Jan Wyllie (AUS)

拍數: 32

音樂: The Longest Time - Billy Joel

SIDE STEP STOMP, SIDE STEP DOUBLE STOMP, ROCK BACK RETURN, SCUFF FORWARD

- Step right to right, stomp left beside right, step left to left, stomp right beside left twice (weight 1&2&3 on left)
- &4& Bounce/step back on right, step forward on left, scuff right forward

HEEL STRUTS FORWARD, STEP PIVOT 1/4 LEFT TWICE

- Heel strut forward on right, left 5&6&
- 7& Step forward on right, pivot 1/4 left transferring weight to left
- 8& Step forward on right, pivot 1/4 left transferring weight to left

STEP ACROSS HOLD, SIDE ROCK RETURN X3, CROSS SHUFFLE

- 9&10& Step right across left towards left corner, hold, rock/step left to left, rock/return weight to right 11&112& Step left across right towards right corner, hold, rock/step right to right, rock/return weight to
- left
- 13&14& Step right across left towards left corner, hold, rock/step left to left, rock/return weight to right
- 15&16 Step left across right, step right to right, step left across right

14 ROCK & STEP BACK, COASTER CROSS, 14 ROCK & STEP BACK, COASTER & SCUFF

- 17&18 Making ¼ turn right rock/step forward on right, rock back on left, step back on right
- 19&20 Step back on left, step right beside left, step left across right
- 21&22 Making ¼ turn right rock/step forward on right, rock back on left, step back on right
- 23&24& Step back on left, step right beside left, step forward on left, scuff right forward

STEP FORWARD SCUFF TWICE, ROCK FORWARD & BACK, COASTER, STEP FORWARD & PIVOT ½, STOMP

- 25&26& Step forward on right, scuff left forward, step forward on left, scuff right forward
- Rock/step forward on right, rock back on left, step back on right 27&28
- 29&30 Step back on left, step right beside left, step forward on left
- Step forward on right, pivot 1/2 left transferring weight to left, stomp right beside left keeping 31&32 weight on left

REPEAT

RESTART There is a restart on wall 3 after count 16





牆數:2