

# Slow Long

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Harold Grimshaw (UK)  
音樂: Slow Goodbye - Verlon Thompson



---

## CROSS ROCK, CHASSE ¼ LEFT, STEP/PIVOT ¾ LEFT, SIDE, DRAG

1-2      Cross-step left over right, rock weight back onto right  
3&4      Step left to left side, step right next to left, step left ¼ left  
5-6      Step forward on right, pivot ¾ left (weight on left)  
7-8      Step right to right side (long step), drag left toes next to right

## SIDE, DRAG, BACK/CROSS, BACK ¼ LEFT, BACK, FORWARD ½ RIGHT, FORWARD ROCK

1-2      Step left to left side (long step), drag right toes next to left  
&3-4      Quick step back on right, cross-step left over right, (turning ¼ left) step back on right  
5-6      Step back on left, (turning ½ right) step forward on right  
7-8      Step forward on left, rock weight back onto right

## BACK SHUFFLE, MONTEREY ¼ RIGHT/WEAVE

1&2      Shuffle back (left, right, left)  
3-4      Touch right toes to right side, (turning ¼ right) step right next to left  
5-6      Cross-step left over right, step right to right side  
7-8      Step left behind right, step right to right side

## CROSS ROCK, CHASSE ¼ LEFT, STEP/PIVOT ¾ LEFT, LONG STEP RIGHT, HOLD

1-2      Cross-step left over right, rock weight back onto right  
3&4      Step left to left side, step right next to left, step left ¼ left  
5-6      Step forward on right, pivot ¾ left (weight on left)  
7-8      Step right to right side (long step), hold

**REPEAT**

---