

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
