

Long Long Way

拍數: 48 牆數: 2 級數: Improver
編舞者: Maureen Jones (UK) & Michelle Jones (UK) - April 2008
音樂: Long Long Way - Alan Jackson
或: Man! I Feel Like a Woman! - Shania Twain : (CD: Come On Over)



Music 1: Intro 32 counts

Music 2: Intro Start on vocals

HEEL & TOE TOUCHES, CROSS ROCK, SIDE ROCK

- 1&2& Touch right heel diagonally forward right, step right beside left, touch left toe diagonally back left, step left beside right
3&4& Touch right heel diagonally forward right, step right beside left, touch left heel diagonally forward left, step left beside right
5-6 Rock right across left, recover onto left
7-8 Rock right to right, recover onto left

SAILOR, SAILOR ½ TURN, HEEL ROCK WITH HITCH, RECOVER, BACK ROCK

- 9&10 Step right behind left, step left to left, step right to right
11&12 Step left behind right starting to make ½ turn left, complete ½ turn left and step right to right, step left across right
13-14 Rock right heel diagonally forward right & hitch left, recover onto left
15-16 Rock right back, recover onto left

STEP, ½ PIVOT, WALKS, JAZZ BOX, CROSS

- 17-18 Step right forward, pivot ½ turn left
19-20 Walk forward stepping right, left
21-22 Step right across left, step left back
23-24 Step right to right, step left across right

½ MONTEREY TURNS

- 25-26 Point right to right, on ball of left make ½ turn right and step right beside left
27-28 Point left to left, step left beside right
29-32 Repeat counts 25 -28

KICK-BALL-CROSSES, SIDE ROCK, BEHIND-SIDE-ACROSS

- 33&34 Kick right diagonally forward right, step right beside left, step left across right
35&36 Kick right diagonally forward right, step right beside left, step left across right
37-38 Rock right to right, recover onto left
39&40 Step right behind left, step left to left, step right across left

KICK-BALL-CROSSES, SIDE ROCK, SAILOR ½ TURN

- 41&42 Kick left diagonally forward left, step left beside right, step right across left
43&44 Kick left diagonally forward left, step left beside right, step right across left
45-46 Rock left to left, recover onto right
47&48 Step left behind right starting to make ½ turn left, complete ½ turn left and step right beside left, step left forward

Note: The dance ends after count 32. To finish facing the front dance the final Monterey turn as:

- 29-30 Point right to right, step right beside left
31-32 Point left to left, step left beside right

