

# 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

