

Long Long Way

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Pete Harkness (UK) - October 2010
音樂: A Little Bit of Missin' You - Trace Adkins : (CD: Cowboys Back In Town)



Intro: 16 Counts BPM 104

S1: STEP, ½ TURN, SAILOR ¼ TURN, HIP SWAYS & HITCH, CHASSE ¼ TURN

1,2 Step forward on right, ½ turn right stepping back on left (6 o'clock)
3&4 Step right behind left & ¼ turn right stepping left beside right, cross right over left (9 o'clock)
5,6 step left to side pushing hips to left, rec on right pushing hips to right hitching left up
7&8 Step left to side & step right beside left, ¼ turn to right stepping back on left (12 o'clock)

S2: ROCK, REC, STEP FULL TURN, KICKBALL STEP, STEP, POINT

1,2,3,4 Rock back on right, rec on left, make a full turn left as you step right left (12 o'clock)
5&6 Kick right in front & step right beside left, step forward on left
7,8 Step forward on right, point left to side

S3: CROSS, BACK & CROSS, SIDE, BEHIND, ¼ TURN, STEP, ¼ TURN

1,2&3,4 Cross left over right, step back on right & step left beside right, cross right over left, step left to side
5,6,7,8 Step right behind left, step left ¼ turn left, step forward on right, ¼ turn to left (6 o'clock)

S4: CROSS SHUFFLE, HIP SWAYS & HITCH, CHASSE LEFT, ROCK, REC

1&2 Cross right over left & step left to side, cross right over left
3,4 Step left to side pushing hips to left, rec on right pushing hips to right hitching left up
5&6,7,8 Step left to side & step right beside left, step left to side, rock back on right, rec on left (6 o'clock)

(On walls 1 & 6 re-start the dance here facing 6 o'clock)

S5: WALK RIGHT LEFT, ANCHOR STEP, COASTER CROSS, ¼ TURN, ¼ TURN

1,2 Walk forward right, walk forward on left
3&4 step right behind left & step left in place, step back on right
(face right diagonal when doing the anchor step)
5&6 Step back on left & step right beside left, cross left over right
7,8 ¼ turn left stepping back on right, ¼ turn left stepping left to side (12 o'clock)

S6: CROSS ROCK, ¼ SHUFFLE, STEP PIVOT, LEFT SHUFFLE

1,2,3&4 Rock forward on right, rec on left, step right to side & step left beside right, step right ¼ turn right

(On wall 5 dance the first 4 counts of S6 then add the following, "& - step left beside right ", Re-start the dance from the beginning facing 12 O'clock)

5,6,7&8 Step forward on left, ½ turn to right, shuffle forward left right left

Have Fun on The Dancefloor !

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