

Long Gone

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Francien Sittrop (NL) - February 2011
音樂: Long Gone - Lady A



Intro: Start after 16 counts from the heavy Beat, On Vocals

[1-8] Rock, Recover, Walks Back, Rock Recover, Kick Ball Step

1-2 Rock R fwd, Recover on L (12.00)
3-4 Walk back R, L
5-6 Rock R back, Recover on L,
7&8 Kick R fwd, Step R down, Step L across R

[9-16] Side Rock, Recover, Cross Shuffle, Back, ¼ Turn R, Step Fwd, Touch

1-2 Rock R to R side, Recover on L
3&4 Step R across L, Step L to L side, Step R across L
5-6 Step L back, ¼ Turn R step R to R side (03.00)
7-8 Step L fwd, Touch R to R side

RESTART: wall 5, Start again with count 1

[17-24] Step Fwd, Touch Fwd, Step Back, Touch Fwd, Walk Backx2, Coaster Step

1-2 Step R fwd, Touch L fwd
3-4 Step L back, Touch R fwd
5-6 Walk Back R, L
7&8 Step R back, Step L next to R, Step R fwd

[25-32] Step Fwd, Picot ½ Turn R, Shuffle Fwd, Step Fwd, Picot ¾ Turn L, Kick Ball Cross

1-2 Step L fwd, Pivot ½ Turn R (09.00)
3&4 Step L fwd, Step R next to L, Step L fwd
5-6 Step R fwd, Pivot ¾ Turn L (12.00)
7&8 Kick R fwd, Step R down, Step L across R

[33-40] Side, Together, Chasse (Diag. R), Cross Rock, Sailor ½ Turn L

1-2 Step R to R side, Step L next to R
3&4 Step R to R side, Step L next to R, Step R to R side
5-6 Rock L across R, Recover on L
7&8 Sweep L behind R with ½ Turn L, Step R to R side, Step L across R (06.00)

[41-48] Side Rock, Recover, Behind, Side, Cross, Side, Drag, Ball Cross Side

1-2 Rock R to R side, Recover on L
3&4 Step R behind L, Step L to L side, Step R across L
5-6 Step L to L side, Drag R
&7-8 Step R next to L, Step L across R, Step R to R side

[49-56] Behind, Side, Cross, ¼ Turn R Shuffle Fwd, Step ½ Turn R, Step Fwd, Scuff

1&2 Step L behind R, step R to R side, Step L across R
3&4 ¼ R and Step R fwd, Step L next to R, Step R fwd (09.00)
5-6 Step L fwd, Pivot ½ Turn R (03.00)
7-8 Step L fwd, Scuff R fwd

RESTART: wall 1 & 3, Start again with count 1

[57-64] Heel Touches Fwd, Heel Hook, Rocking Chair

1&2& Touch R heel fwd, Step R next to L, Touch L heel fwd, Step L next to R

3-4 Touch R heel fwd, Hook R across L
5-6 Rock R fwd, Recover on L
7-8 Rock R back, Recover on L

Contact: www.franciensittrop.nl
