

Longest Time

拍數: 32 牆數: 4 級數: Improver
編舞者: Margaret Swift (UK) - October 2010
音樂: The Longest Time - The Overtones : (Album: Good Ol' Fashioned Love)



Intro: 16 Counts. Starts on the word 'If. (12 Seconds)

Section 1: Touch & Touch & Touch. Hip Bumps. Touch & Touch & Touch. Hip Bumps.

- 1&2 Touch right toe next to left foot. Step right foot in place. Touch left toe next to right foot.
- & 3 Step left foot in place. Touch right toe next to left foot.
- & 4 Bump right hip forward. Bump right hip back.
- & 5 Step right foot in place. Touch left toe next to right foot.
- & 6 Step left foot in place. Touch right toe next to left foot.
- & 7 Step right foot in place. Touch left toe next to right foot.
- & 8 Bump left hip forward. Bump left hip back.

Section 2: Behind Side Cross. Side Rock Cross. Step Turn ¼ .Cross Shuffle.

- 1 &2 Step left behind right. Step right to right side. Cross left in front of right.
- 3 &4 Rock right to right side. Recover on left. Cross right over left.
- 5 – 6 Step forward on left. Turn ¼ right.
- 7 &8 Cross left over right. Close right next to left. Cross left over right.

(Restart here on wall 3) (9 o'clock)

Section 3: Forward Rumba Box. Walk Back. Shuffle ½ Turn.

- 1 &2 Step right to right side. Close left next to right. Step right forward.
- 3 &4 Step left to left side. Close right next to left. Step back on left.
- 5 – 6 Walk back on right. Walk back on left.
- 7 &8 Turn ½ right over right shoulder stepping forward right. Close left next to right. Step forward on right.

Section 4 Step ½ Pivot. Kickball Change. Rock Recover. Coaster Step.

- 1 – 2 Step forward on left. Pivot ½ turn right.
- 3 &4 Kick left forward. Step left in place. Step right next to left.
- 5 – 6 Rock forward on left. Recover on right.
- 7 &8 Step back on left. Close right next to left. Step forward on left.

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