

Long Haired Lover

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Yeo Yu Puay (MY) - August 2011
音樂: Long Haired Lover from Liverpool - Jimmy Osmond



[1-8] Diagonal Touches

- 1-2 Step R diagonally forward to the right(1), Touch L beside R(2)
- 3-4 Step L diagonally back to the centre(3), Touch R beside L(4)
- 5-6 Step R diagonally back to the right(5), Touch L beside R(6)
- 7-8 Step L diagonally forward to the centre(7), Touch R beside L(8)

[9-17] Side Behind ¼ turn, Full turn, Step, Touch, Hitch

- 1-2 Step R to right(1), Step L behind R(2)
- 3-4 Turning ¼ right, step R forward(3), Turning ½ right, step L back(4)
- 5-6 Turning ½ right, step R forward(5), Step L forward(6)
- 7-8 Touch R beside L(7), Hitch R(8) (3.00)

[18-24] Rhumba box with ¼ turn

- 1-2 Step R to right(1), Step L beside R(2)
- 3-4 Step R back(3), Touch L beside R, turning ¼ left(4)
- 5-6 Step L to left(5), Step R beside L(6)
- 7-8 Step L forward(7), Touch R beside L(8) (12.00)

[25-32] Step Kick (R & L), Step Together, Hop (3x)

- 1-2 Step R to right(1), Kick L across R(2)
- 3-4 Step L to left(3), Kick R across L(4)
- 5-8 Step R beside L(5), Take 3 small hops to the right with feet together (6,7,8) – make sure weight ends on L on count 8

Option for counts 6-8 – swivel heel toe heel (moving to the right)

[33-40] Toe Struts (Side and Cross), Side Together, Cross Toe Strut

- 1-2 Touch R toe to right(1), Step down on R(2)
- 3-4 Touch L toe across R(3), Step down on L(4)
- 5-6 Step R to right(5), Step L beside R(6)
- 7-8 Touch R toe across L(7), Step down on R(8)

[41-48] ½ turn, Forward Rock, Run x4 (full turn)

- 1-2 Turning ¼ right, step L back(1), Turning a further ¼ right, step R to right(2) (6.00)
- 3-4 Rock L forward(3), Recover weight onto R(4)
- 5-8 Run L(5), R(6), L(7), R(8) making a full turn left in a small circle

[49-56] Step, Forward Rock Step with a ¼ turn, Cross Side, Touch behind unwind ½

- 1-2 Step L forward(1), Rock R forward(2)
- 3-4 Recover weight onto L, turning ¼ right(3), Step R to side(4) (9.00)
- 5-6 Cross L over R(5), Step R to side(6)
- 7-8 Touch L behind R(7), Unwind ½ left, shifting weight onto L(8) (3.00)

[56-64] Toe Struts Out Out (Forward) In In (Back)

- 1-2 Touch R toe diagonally forward to the right(1), Step down on R(2)
- 3-4 Touch L toe diagonally forward to the left(3), Step down on L(4)
- 5-6 Touch R toe diagonally back to the centre(5), Step down on R(6)
- 7-8 Touch L toe beside R(7), Step down on L(8)

(Insert TAG on wall 3: Repeat counts 56-64 and then continue with dance)

[65-68] Step Side, ¼ Turn, ¼ Turn, ¼ Turn drawing a box

1-2 Step R to right(1), Turning ¼ left, step L to left(2)

3-4 Turning ¼ left step R to right(3), Turning ¼ left step L to left(4) (6.00)

Start again!

TAG: On wall 3 (facing 3.00) – repeat counts 56-64, then continue with dance

OPTIONAL STARTING: Face 9.00 with weight on R. After an intro of 14 beats, do the following 6 counts to face 12.00 for the beginning of the dance....

1-2 (“I’ll....”) Turning ¼ left, step L to left(1), Hold (2) (6.00)

3-4 (“Be...”) Turning ¼ left step R to right(3), Hold(4) (3.00)

5-6 (“Your...”)Turning ¼ left, step L to left(5), Hold (6) (12.00)

If this stresses you out, then just face 12.00 and start the dance on the next word which is “...long” (ie 20 count intro) - whatever works for you! ?

Have fun!
