Long Long Long Time

級數: Intermediate

編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - September 2012

音樂: Numb - Usher : (iTunes)

Starts After 32 Counts	
Cross, Back, Ball Cross, Side, Touch, Kick Ball Cross, Rock.	
1	Cross step Left over Right.
2&3	Step Back on Right, Left to Left side, cross step Right over Left.
4-5	Step Left to Left side, touch Right next to Left.
6&7	Kick Right foot forward, step Right next to Left, cross Left over Right.
8	Rock Right to Right side.
Recover, Sailor Step, Sailor 1/4 , Step, Full Turn.	
1	Recover on Left
2&3	Cross step Right behind Left, step Left to Left side, Right to Right side.
4&5	Cross step Left behind Right, make 1/4 turn to Left stepping Right next to Left, step forward on Left.
6	Step forward on Right
7-8	Make 1/2 turn to Right stepping back on Left, make 1/2 turn to Right stepping forward on Right.
Step 1/2, Doroth	ny, Dorothy, Rock Recover.
1-2	Step forward on Left 1/2 pivot to Right.
3 4&	Step forward slightly to diagonal on Left , lock Right behind Left, step forward slightly to diagonal on Left.
5 6&	Step forward slightly to diagonal on Right, lock Left behind Right, step forward slightly to diagonal on Right.
7-8	Rock forward on Left, recover on Right
Ball Cross, Point, Behind, Point & Heel & Monterey, Point.	
&1	Step Left next to Right, cross step Right over Left
2	Point Left to Left side.
3-4	Cross step Left behind Right, point Right to Right side
&5	Step Right next to Left, touch Left heel forward
&6	Step Left next to Right, point Right to Right side
7-8	Make 1/2 turn to Right stepping Right next to Left, point Left to Left side.
Cross Shuffle, Side Rock Recover, Cross Shuffle 1/4, 1.2.	
1&2	Cross step Left over Right, step Right to right side, cross step Left over Right.
3-4	Rock Right to right side, recover on Left
5&6	Cross step Right over Left, step Left to Left side, cross step Right over Left.
7-8	Make 1/4 turn to Right stepping back on Left, make 1/2 turn to Right stepping forward on Right
Walk, Walk, Heel Split, Back, Coaster Step, Out, Out.	
1-2	Step forward on Left, step forward Right.
&3-4	Split both heels out, return heels to centre, step back on Right.
5&6	Step back on Left, step Right next to Left, step forward Left.

7-8 Step forward & out on Right, step out on Left.

Ball Side. 1/4, 1/4, Lock Step, Rock, Recover.





拍數: 64

牆數:4

- &1 Step Right next to Left, step Left to Left side.
- 2-3 Make 1/4 turn to Left stepping Right to Right side, 1/4 turn to Left stepping Left to Left side.
- 4&5 Step forward on Right, lock Left behind Right, step forward on Right.
- 6-7 Rock forward on Left, recover on Right.

Full Turn, Sailor 1/4 Cross, Rock Recover, Behind & Cross, Point.

- 8-1 Make 1/2 turn to Left stepping forward on Left, 1/2 turn to Left stepping back on Right.
- 2&3 Cross step Left behind Right, make 1/4 turn to Left stepping Right next to Left, cross step Left over Right.
- 4-5 Rock Right to Right side, recover on Left.
- 6&7 Cross step Right behind Left, step Left to Left side, cross step Right over Left.
- 8 Point Left to Left side.

R* - Restart: Walls 2, 4, 6

Wall 4.. Dance Up To & Including Count 32.. Then Restart From Count 1. Walls 2 & 6 Dance Up To & Including Count 32.. Then Add Tag... Then Restart From Count 1

Tag: Rock Step & Rock Step & Step, 1/2, Walk, Walk. (x2)

- 1-2& Rock Left heel across Right, recover on Right, step Left to Left side.
- 3-4& Rock Right heel across Left, recover on Left, step Right to Right side.
- 5-6 Step forward on Left, pivot 1/2 turn to Right.
- 7-8 Walk forward Left-Right.

(Repeat Tag Counts 1-8)

Last Revision - 16th October 2012