

# Long Distance

拍數: 32      牆數: 4      級數: Intermediate  
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音樂: Long Distance - Melanie Amaro



**Intro: 32 Counts, start on the word "Ceiling"**

## **Shuffle, Rock-Step, Shuffle, Rock-Step**

1&2      Step R side R (1) Step L beside R (&) Step R side R (2)  
3-4      Step L over R (3) Step R in place (4)  
5&6      Step L side L (5) Step R beside L (&) Step L side L (6)  
7-8      Step R over L (7) Step L in place (8)

## **1/4 Shuffle, 1/2 Pivot, Oz Step**

1&2      Step R side R (1) Step L beside R (&) Step R 1/4 R (2)  
3-4      Step L forward (3) 1/2 Pivot R, wt. on R (4)  
5-6&      Step L forward (5) Lock R behind L (6) Step L beside R (&)  
7-8&      Step R forward (7) Lock L behind R (8) Step R beside L (&)

## **Cross, Side, Sailor, Cross, Side, Behind-Ball-Cross**

1-2      Step L over R (1) Step R side R (2)  
3&4      Step L behind R (3) Step R beside L (&) Step L side L (4)  
5-6      Step R over L (5) Step L side L (6)  
7&8      Step R behind L (7) Step L side L (&) Step R over L (8)

## **Step, Sailor, Coaster, 1/2 Pivot, Scissor**

1      Step L side L  
2&3      Step R behind L (2) Step L beside R (&) Step R side R (3)  
4&5      Step L back (4) Step R beside L (&) Step L forward (5)  
6      1/2 Pivot R, wt on R  
7&8      Step L side L (7) Step R beside L (&) Step L over R (8)

**TAG: End of wall 10 (6 o'clock), add Tag, then Start again.**

## **Rock-Step, Rock-Step**

1-4      Step R side R (1) Step L in place (2)  
3-4      Step R behind L (3) Step L in place (4)

**HAVE FUN AND ENJOY**

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