

For Too Long

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dwight Meessen (NL) - January 2013
音樂: Locked Out of Heaven - Bruno Mars



The Dance Starts after 19 seconds from the clip

Section 1: Right Sailor Step. Left Sailor Step. Cross Back. ¼ Turn Left. Right Shuffle Fwd.

1&2 Cross Right behind Left. Step Left to Left side. Step Right to Right side
3&4 Cross Left behind Right. Step Right to Right side. Step Left to Left side.
5-6 Cross Right behind Left. Step Left ¼ turn to Left (9)
7&8 Right shuffle forward stepping Right. Left. Right.

Section 2: Rock Fwd. Recover. Left Shuffle ½ Turn Left. 2 x ½ Turns Left. Right Shuffle Forward.

1-2 Rock forward on Left. Recover weight on Right.
3&4 Left shuffle making ½ turn Left, stepping Left. Right. Left.(3)
5-6 Make ½ turn Left stepping back on Right(9). Make ½ turn Left stepping forward on Left(3)
7&8 Right shuffle forward stepping Right. Left. Right

Section 3: Rock Fwd. Recover. &. Rock Fwd. Recover. Step Back. Step Back. Right Coaster Cross

1-2 Rock forward on Left. Recover weight on Right
&3-4 Step Left next to Right(&). Rock forward on Right. Recover weight on Left.
5-6 Step back on Right. Step back on Left.
7&8 Step back on Right. Step Left beside Right(&). Cross Right over Left.

Section 4: Side Rock. Recover. &. Side Rock. Recover. Walk Fwd. Walk Fwd. Pivot ¼ turn Left

1-2 Rock Left out to Left side. Recover weight on Right
&3-4 Step Left next to Right(&). Rock Right out to Right side. Recover weight on Left.
5-6 Walk forward on Right. Walk forward on Left
7-8 Step forward on Right. Pivot ¼ turn Left(12)

Section 5: Weave(Start with Cross Right over Left). Cross Rock. Recover. Side. Together

1-2 Cross Right over Left. Step Left to Left side.
3-4 Cross Right behind Left. Step Left to Left side.
5-6 Cross rock Right over Left. Recover weight on Left.
7-8 Step Right to Right side. Step Left next to Right

Section 6: Right Shuffle ¼ Turn Right. Pivot ½ Turn Right. Rock Fwd. Recover. Left Coaster Step

1&2 Right shuffle making ¼ turn to Right stepping Right. Left. Right (3)
3-4 Step forward on Left. Pivot ½ turn Right (9)
5-6 Rock forward on Left. Recover weight on Right
7&8 Step back on Left. Step Right Beside Left(&). Step forward on Left

Section 7: Right Heel Fwd. &. Left Heel Fwd. &. Right Scuff Fwd. Touch Right To Left Side. Right Shuffle Fwd. Left Shuffle Fwd

1&2 Tap Right heel forward. Step Right next to Left(&). Tap Left heel forward.
&3-4 Step Left next to Right(&). Right scuff forward. Touch Right to Right Side
5&6 Right shuffle forward stepping Right. Left. Right
7&8 Left shuffle forward stepping Left. Right. Left.

Section 8: Pivot ¼ Turn Left. Weave(Start With Cross Right over Left). Cross R. Side

1-2 Step forward on Right. Pivot ¼ turn Left. (6)
3-4 Cross Right over Left. Step Left to Left side.

5-6 Cross Right behind Left. Step Left to Left side.
7-8 Cross Right over Left. Step Left to Left side.

Restarts: On walls 2,4 & 6 after 32 counts Facing 12 o'clock.

Contact: dwight_meesen@hotmail.com
