

Long Tall Sally

拍數: 48 牆數: 4 級數: Improver
編舞者: Sébastien BONNIER (FR) - April 2013
音樂: Long Tall Sally - Cagey Strings : (iTunes)



(Alt music: High Class Lady by The Lennerockers)

[1-8] Stomp & Bounce R&L X2:

1-4 Stomp R to R (spreading R hand to R side) & bounce R heel three times
5-8 Stomp L to L (spreading L hand to L side) & bounce L heel three times

[9-16] Walk X2, Run X4:

1-4 Step R fwd, Hold, Step L, Hold
5-8 Walk fwd R-L-R-L (with knees flexed)

[17-24] Rock-Recover, Toe-Heel Struts Back X3:

1-2 Rock-step R fwd, Recover on L
3-6 Step R toe back, Step R heel to floor, Step L toe back, Step L heel to floor
7-8 Step R Toe back, Step R heel to floor

[25-32] Rock-Recover X3, Step, Touch:

1-2 Rock-step L back, Recover on R
3-4 Rock-step to L side, Recover on R
5-6 Cross-rock L over R, Recover on R
7-8 Step L to L side, Touch R beside L

[33-40] Toe-Heel Jazz Box With 1/4 Turn R:

1-2 Cross-step R to over L, Step R heel to floor starting 1/4 turn R
3-4 Step L toe back, Step L heel to floor completing 1/4 turn R
5-6 Step R toe to R side, Step R heel to floor
7-8 Step L toe beside R, Step L heel to floor

[41-48] Heel-Toe Swivels Plus Claps X2:

1-2 Swivel both heels to R, Swivel toes to R
3-4 Swivel heels to R, Clap
5-6 Swivel heels to L side, Swivel toes to L
7-8 Swivel heels to L, Clap

No tags...no restarts...Enjoy!

Submitted by - Johnny Sheehan: johnny.s@modernlinedancing.co.uk