|  |  |
| --- | --- |
| Long Distance Love |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 64 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Dee Musk (UK) - February 2013 | | | | |
| **Music:** | Long Distance - Melanie Amaro : (Single - iTunes) | | | | |
| . | | | | | | |

**Huge Thanks for the music from my friends Mike & Brenda.**

**32 Count Intro – Approx 16 seconds - Track approx 3 mins 50 secs BPM 120**

**Side Touch, Kick Ball Cross, Side Behind, Kick Ball Cross.**

|  |  |
| --- | --- |
| 1,2 | Step R to R side, touch L beside R. |

|  |  |
| --- | --- |
| 3&4 | Kick L to L diagonal, step L beside R, cross R over L. |

|  |  |
| --- | --- |
| 5,6 | Step L to L side, cross step R behind L. |

|  |  |
| --- | --- |
| 7&8 | Kick L to L diagonal, step L beside R, cross R over L. (12 o’clock). |

**Side Rock, Cross ¼ Turn L, Chasse ¼ Turn L, Cross Rock.**

|  |  |
| --- | --- |
| 1,2 | Rock L to L side, recover weight to R. |

|  |  |
| --- | --- |
| 3,4 | Cross L over R, make a ¼ turn L stepping back on R. |

|  |  |
| --- | --- |
| 5&6 | Make a ¼ turn L stepping L to L side, close R beside L, step L to L side. |

|  |  |
| --- | --- |
| 7,8 | Cross rock R over L, recover weight to L. (6 o’clock). |

**Side Rock, Sailor Heel, Ball Cross Hold, Side Behind ¼ Turn R.**

|  |  |
| --- | --- |
| 1,2 | Rock R to R side, recover weight to L. |

|  |  |
| --- | --- |
| 3&4 | Cross R behind L, step L to L side, touch R heel to R diagonal. |

|  |  |
| --- | --- |
| &5,6 | Step R beside L, cross L over R, hold count 6. |

|  |  |
| --- | --- |
| &7,8 | Step R to R side, cross L behind R, make a ¼ turn R stepping forward on R. (9 o’clock). |

**Step ½ Turn R, Step Reverse ½ Turn L, ¼ Turn L, Hold, Ball Side Touch.**

|  |  |
| --- | --- |
| 1,2 | Step forward on L, make a ½ turn R. |

|  |  |
| --- | --- |
| 3,4 | Step forward on L, make a reverse ½ turn L stepping back on R. |

|  |  |
| --- | --- |
| 5,6 | Make a ¼ turn L stepping L to L side, hold count 6. |

|  |  |
| --- | --- |
| &7,8 | Step R beside L, step L to L side, touch R beside L. (6 o’clock). |

**¼ Turn R, Touch, Full Walkaround Turn L, Behind Side Cross.**

|  |  |
| --- | --- |
| 1,2 | Make a ¼ turn R stepping forward on R, touch L beside R. |

|  |  |
| --- | --- |
| 3-6 | Walk around a full turn L stepping L, R, L, step R to R side. |

|  |  |
| --- | --- |
| 7&8 | Cross step L behind R, step R to R side, cross L over R. (9 o’clock). |

**Side Rock, Behind ¼ Turn Step, Rock Recover, Step Back, Reverse ½ Turn R.**

|  |  |
| --- | --- |
| 1,2 | Rock R to R side, recover weight to L. |

|  |  |
| --- | --- |
| 3&4 | Cross step R behind L, make a ¼ turn L stepping forward on L, step forward on R. |

|  |  |
| --- | --- |
| 5,6 | Rock forward on L, recover weight to R. |

|  |  |
| --- | --- |
| 7,8 | Step back on L, make a reverse ½ turn R stepping forward on R. (12 o’clock). |

**Step ¼ Turn R, Cross Shuffle, Side Rock, Sailor Step.**

|  |  |
| --- | --- |
| 1,2 | Step forward on L, make a ¼ turn R. |

|  |  |
| --- | --- |
| 3&4 | Cross step L over R, step R to R side, cross step L over R. |

|  |  |
| --- | --- |
| 5,6 | Rock R to R side, recover weight to L. |

|  |  |
| --- | --- |
| 7&8 | Cross step R behind L, step L to L side, step R to R side. (3 o’clock). |

**Behind ¼ Turn R, Step ¾ Turn R, Chasse L, Back Rock.**

|  |  |
| --- | --- |
| 1,2 | Cross step L behind R, make a ¼ turn R stepping forward on R. |

|  |  |
| --- | --- |
| 3,4 | Step forward on L, make a ¾ turn R. |

|  |  |
| --- | --- |
| 5&6 | Step L to L side, close R beside L, step L to L side. |

|  |  |
| --- | --- |
| 7,8 | Rock back on R, recover weight to L. (3 o’clock). |

**Tag End of wall 5 facing 3 o’clock wall dance the following then begin again.**

**R Side Touch, L Side Touch.**

|  |  |
| --- | --- |
| 1-4 | Step R to R side, touch L beside R, step L to L side, touch R beside L. |

**Contact: deemusk@btinternet.com - Dee: 07814 295470**