Long Hard Ride

Compte: 48	**Mur:** 4	**Niveau:** Improver waltz

Chorégraphe: DJ Dan (NL) & Wynette Miller (NL)

Musique: Long Hard Ride - Joni Harms

DIAGONAL BASIC FORWARD, RIGHT AND LEFT
Angle your body

1-3	Step right forward on left diagonal, step left next to right, step right in place, facing front wall
4-6	Step left forward on right diagonal, step right next to left, step left in place, facing front wall

BASIC BACK, BASIC FORWARD ¼ TURN LEFT

1-3	Step right back, step left next to right, step right in place
4-6	Step left forward with ¼ turn left, step right next to left, step left in place (9:00)

BASIC BACK, STROLL FORWARD

1-3	Step right back, step left next to right, step right in place
4-6	Step left forward, lock right behind left, step left forward

STEP-½ TURN-STEP, STROLL FORWARD

1-3	Step right forward, make ½ turn left, step right forward (3:00)
4-6	Step left forward, lock right behind left, step left forward

STEP-DRAG AND RISE-KICK, BACK-POINT-HOLD

1-3	Step right forward, drag left forward rising on ball of right, kick left forward
4-6	Step left back, point right toe to right side, hold

TWINKLES, RIGHT AND LEFT

1-3	Cross right over left, step left to left side, step right in place
4-6	Cross left over right, step right to right side, step left in place

BASIC FORWARD AND BACK

1-3	Step right forward, step left next to right, step right in place
4-6	Step left back, step right next to left, step left in place

CROSS-SIDE ROCK, RIGHT AND LEFT

1-3	Cross right over left, rock left to left side, recover weight onto right
4-6	Cross left over right, rock right to right side, recover weight onto left

REPEAT

TAG
After the 3rd wall facing 9:00
BASIC FORWARD ¼ TURN RIGHT, BASIC BACK, TWICE

1-3	Step right forward with ¼ turn right, step left next to right, step right in place
4-6	Step left back, step right next to left, step left in place
7-9	Step right forward with ¼ turn right, step left next to right, step right in place
10-12	Step left back, step right next to left, step left in place