

# Long Pride

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Adriano Castagnoli (IT) - February 2015  
音乐: Neal McCoy - It's Gonna Take A Little Bit Longer



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## RIGHT SIDE, STOMP UP, LEFT SIDE, SCUFF, JAZZ BOX RIGHT, STOMP UP

- 1-2      Step Right To Right Side, Stomp Up Left Beside Right
- 3-4      Step Left To Left Side, Scuff Right Beside Left
- 5-6      Cross Right Over Left, Step Left Back
- 7-8      Step Right To Right Side, Stomp Up Left Beside Right

## KICK FORWARD, STOMP UP, KICK SIDE, STOMP UP, HEEL SWITCHES (LEAD LEFT) AND FLICK UP BACK

- 1-2      Kick Left Forward, Stomp Up Left Beside Right
- 3-4      Kick Left To Left Side, Stomp Up Left Beside Right
- 5-6      Touch Left Heel Forward, Step Left Beside Right
- 7-8      Touch Right Heel Forward, Flick Up Back Right

## GRAPEVINE RIGHT, POINT LEFT, TURN 1/4 LEFT AND HEEL STRUT LEFT, STOMP (TWICE)

- 1-2      Step Right To Right Side, Cross Left Behind Right
- 3-4      Step Right To Right Side, Point Left To Left Side
- 5-6      Turn 1/4 Left And Touch Left Heel Forward, Drop Left To Taking Weight
- 7-8      Stomp Up Right Beside Left, Stomp Right Forward

## HEELS FAN, ROCK BACK RIGHT, PIVOT 1/2 LEFT (TWICE)

- 1-2      Swivel Both Heels To Right Side, Return Both Heels To Centre
- 3-4      Rock Back On Right, Return On Left
- 5-6      Step Right Forward, Pivot 1/2 Turn Left
- 7-8      Repeat 5-6

## REPEAT

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