

Long Days

拍数: 32 墙数: 4 级数: Beginner
编舞者: Marita Torres (ES) - 2009
音乐: Lucky Lips - Cliff Richard & The Shadows



ROCK FORWARD, ROCK BACK, ROCK SIDE, TOE STRUT

- 1 RF rock forward
- 2 recover to LF
- 3 RF rock back
- 4 recover to LF
- 5 RF rock right side
- 6 recover to LF
- 7 toe R forward
- 8 RF next to left (snaps)

ROCK FORWARD, ROCK BACK, ROCK SIDE, TOE STRUT

- 1 LF rock forward
- 2 recover to RF
- 3 LF rock back
- 4 recover to RF
- 5 LF rock left side
- 6 recover to LF
- 7 toe L forward
- 8 LF next to right (snaps)

KICK BALL CHANGE X 2, STEP ¼ LEFT TURN, SHUFFLE FORWARD

- 1 RF kick forward
- & Step R beside left
- 2 LF in place
- 3 RF kick forward
- & Step R beside left
- 4 LF in place
- 5 RF forward
- 6 ¼ turn left
- 7 RF forward
- & LF behind right
- 8 RF forward

STEP FORWARD, TOUCH, STEP BACK TOUCH, OUT, OUT- IN, IN

- 1 LF forward
- 2 RF touch next to left
- 3 RF back
- 4 LF touch next to right
- & RF to right
- 5 LF to left
- 6 Hold
- & RF to center
- 7 LF to center
- 8 hold

Tag: After the 4th wall, 16 counts

GRAPEVINE RIGHT SCUFF, GRAPEVINE LEFT SCUFF

- | | |
|---|-----------------|
| 1 | RF to right |
| 2 | LF behind right |
| 3 | RF to right |
| 4 | LF scuff |
| 5 | LF to left |
| 6 | RF behind left |
| 7 | LF to left |
| 8 | LF scuff |

Back to start
