

Longer If I May

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate NC2S
编舞者: Hans Palm (SWE) - May 2016
音乐: How Long Will I Love You? - Askil Holm : (Album: Harmony Hotel - 2:54)



Intro: 32 beats (16 counts on the slower beat) No Tags, No Restarts.

S1: Basic NC R, $\frac{3}{4}$ turn R, step turn $\frac{1}{2}$ R, sway fwd-bwd-fwd, $\frac{1}{2}$ turn L step L R

12& Step R to R side (1), close L slightly behind R (2), cross R over L (&) (prep for R turn)
3& Turn $\frac{1}{4}$ R by stepping back on L (3), turn $\frac{1}{2}$ R stepping forward on R (&) 9:00
4& Step forward on L (4), pivot turn $\frac{1}{2}$ R on L to weight on R (&) 3:00
56& Step and sway forward on L (5), sway back on R (6), sway forward on L (&)
78& Turn $\frac{1}{2}$ L by stepping back on R (7), step forward on L (8), step forward on R (&) 9:00

S2: Rock/recover, vine left, cross rock/recover, prep and full turn L

12& Rock forward on L (1), rock back on L (2), step L to side (&)
3&4& Cross R over L (3), step L to side (&), cross R behind L (4), step L to side (&)
56& Cross rock R over L (5), recover back on L (6), step R to side (&)
78& Cross L over R (7) (prep for L turn), turn $\frac{1}{4}$ L stepping back on R (8), turn $\frac{1}{2}$ L stepping forward on L (&) and continue turning another $\frac{1}{4}$ L to prepare for basic NC R in next section at 9:00

S3: Basic NC R, $\frac{1}{4}$ turn R on L and $\frac{1}{2}$ turn R to R foot, turn $\frac{1}{2}$ R on R foot with sweep, prissy walks, rock/recover, $\frac{1}{4}$ L side cross

12& Step R to R side (1), close L slightly behind R (2), cross R over L (&) (prep for R turn)
3& Turn $\frac{1}{4}$ R by stepping back on L (3), turn $\frac{1}{2}$ R stepping forward on R (&) 6:00
4(&) Turn $\frac{1}{2}$ R on R while sweeping L foot in a half circle (4) 12:00

(Advanced option: turn 1 $\frac{1}{2}$ R while hitching L towards R in a figure 4)

56 Prissy walk L (5) and R (6)
7& Rock forward on L (7), recover back on R (&)
8& Turn $\frac{1}{4}$ L by stepping L to side (8), cross R over L (&) 9:00

S4: Basic NC L, Basic NC R, $\frac{1}{4}$ R step step, step turn $\frac{1}{2}$ L, full turn L + $\frac{1}{4}$ L to next wall

12& Step L to L side (1), close R slightly behind L (2), cross L over R (&)
34& Step R to R side (3), close L slightly behind R (4), cross R over L (&)
56& Turn $\frac{1}{4}$ R by stepping L back (5), step forward on R (6), step forward on L (&) 3:00
7& Step turn $\frac{1}{2}$ L by stepping forward on R (7) and turn $\frac{1}{2}$ L to weight on L (&) 9:00
8& Turn $\frac{1}{2}$ L by stepping back on R (8), turn $\frac{1}{2}$ L stepping forward on L (&), continue turning another $\frac{1}{4}$ L to prepare for next wall at 6:00 or 12:00

ENDING: Last wall (5) starts at 12:00. Complete section 1, end with a slow pivot turn $\frac{1}{4}$ R on L foot to face front wall or slightly to the right diagonal

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