

Long Stretch

COPPER KNOB
STEPPERS

拍數: 32 牆數: 2 級數: Improver
編舞者: Melanie Cheever (USA) & Bill McGee (USA) - April 2015
音樂: Long Stretch of Love - Lady A



#16 count intro:

OR: Happy feat. Derek Martin by C2C - 32 count intro:

Moving towards 3:00

[1-8] Shuffle R,L,R turning ¼ L, Shuffle L,R,L turning ½ L, Shuffle R,L,R turning ¼ L. Behind and Cross

1&2 Shuffle R-L-R to right with 1/4 turn left (facing 9:00)
3&4 Shuffle L-R-L continuing toward 3:00 with 1/2 turn left (facing 3:00)
5&6 Shuffle R-L-R continuing toward 3:00 with 1/4 turn left (facing 12:00)
7&8 Step L behind R, Step R on R, Cross L over R

[9-16] Stomp R to R, Hold, And, Cross, And, Behind, Big step, Drag, 1/4 sailor step

1-2 Step R on R, Hold
&3&4 Step L next to R, Cross R over L, Step L on L, Cross R behind L
5-6 Big step L on L, Drag R toward L (weight on L)
7&8 Step Back on R, Step L next to R starting 1/4 turn R, Step R on R finishing 1/4 turn R (facing 3:00)

[17-24] Scuff, Hook, Scuff, Hitch, Shuffle back x2

1&2& Scuff L next to R, Hook L over R shin, Scuff L, Hitch
3&4 Shuffle back L,R,L
5&6& Scuff R next to L, Hook R over L shin, Scuff R, Hitch R,
7&8 Shuffle back R,L,R

[25-32] Rock, And, Rock, And, Rock. And, Shuffle fwd, Step, Step, Turn, Cross

1&2& Rock back on L, Recover on R, Rock fwd on L, Recover on R
3&4&5 Rock back on L, Recover on R, Shuffle fwd L,R,L
6 Step fwd on R
7&8 Step fwd on L, Turn 1/4 turn R on R, Cross L over R (facing 6:00)

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