

So Long

拍數: 32 牆數: 4 級數: Intermediate
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音樂: So Long - Massari : (iTunes)



(8 count intro)

[S1] 2x Step-Pivot 1/4L-Tap Fwd-Tap Together, Side Rock, Behind, Side, Cross Rock, Side

1&2& Step R forward, Make a ¼ turn left, Tap R toe forward, Tap R toe next to L
3&4& Step R forward, Make a ¼ turn left, Tap R toe forward, Tap R toe next to L (6:00)
5&6& Rock/step R to right side, Recover weight on L, Step R behind L, Step L to left side
7&8 Rock/cross R over L, Recover weight on L, Step R to right side

[S2] Cross Rock, 1/4L Fwd Rock, Coaster Step, Step-Pivot 1/2L, L Spiral, Fwd Coaster w/Sweep

1& Rock/cross L over R, Recover weight on R
2& Make a ¼ turn left on R and rock/step L forward, Recover weight on R (3:00)
3&4 Step L back, Step R next to L, Step L forward
5&6 Step R forward, Make a ½ turn left recover weight on L, Make a left full spiral turn on right foot (with L hook) (9:00)
7&8 Step L forward, Step R next to L, Stepping back on L w/ R sweep

[S3] Back-Sweep, Back-Sweep, Sailor 1/4R-Cross Tap-Tap, Side Tap-Tap, Drag, 1/4R Turning Coaster Cross

1& Stepping back on R, Sweep L around R
2& Stepping back on L, Sweep R around L
3& Make a ¼ turn right stepping behind L, Step L to left side (12:00)
4& Cross R over L and tap R toe twice (weight on L)
5& Tap R toe to right side twice (weight on L)
6 Drag R close to L (keeping your weight on L)
7&8 Step R back, Make a ¼ turn right step L next to R, Cross R over L (3:00)

[S4] Side Rock, Cross, 1/4L Out-Out, In-In, 2x Step-Pivot 1/4L, Cross, 1/4R Back, Together

1&2 Rock/step L to left side, Recover weight on R, Cross L over R
&3 Make a ¼ turn left stepping back on R (out), Step L to left side (out) (12:00)
&4 Step R to centre (In), Step L to centre (In)
5& Step R forward, Make a ¼ turn left recover weight on L
6& Step R forward, Make a ¼ turn left recover weight on L (6:00)
7&8 Cross R over L, Make a ¼ turn right stepping back on L, Step R together (weight on L) (9:00)

No Tag! No Restart!

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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