Long Long Time

級數: Improver

編舞者: Douglas Madison (USA) - October 2021

音樂: Long Long Time - Linda Ronstadt

Intro: 16 beats, start two beats before vocal. Start with weight on RF.

NOTES: Restarts Walls 4 & 8.

拍數: 32

[1-8] CROSS, SIDE, RECOVER, CROSS, SIDE, BEHIND, 1/4 TURN, SWEEP 1/4 TURN

- 1-4 Cross LF over RF, Step RF to side, Recover weight on LF, Cross RF over LF
- 5-6 Step LF to side, Cross RF behind LF
- 7-8 Turn 1/4 left stepping forward on LF, Sweep RF back to front turning 1/4 left [6:00]

[9-16]CROSS, 1/4 TURN, 1/4 TURN, CROSS, 1/4 TURN, 1/4 TURN, CROSS, SIDE

- 1-3 Cross RF over LF, Turn 1/4 right stepping back on LF, Turn 1/4 right stepping forward on RF [12:00]
- 4-6 Cross LF over RF, Turn 1/4 left stepping back on RF, Turn 1/4 left stepping forward on LF [6:00]
- 7-8 Cross RF over LF, Step LF to side

[17-24]RECOVER, CROSS, SIDE, BEHIND, 1/4 TURN, SWEEP 1/2, SHUFFLE FORWARD

- 1-4 Recover weight on RF, Cross LF over RF, Step RF to side, Cross LF behind RF
- 5-6 Turn 1/4 right stepping forward on RF, Sweep LF turning 1/2 right [9:00]
- 7&8 Step LF forward, Step RF next to LF, Step LF forward

[25-32]STEP, PIVOT 1/2, SHUFFLE 1/4, BACK 1/4, RECOVER 1/4, TURN 1/4, TURN 1/2

- 1-2 Step RF forward, Pivot 1/2 left (weight on LF)
- 3&4 Turn 1/4 left stepping RF to side, Step LF next to RF, Step RF to side [6:00]
- 5-6 Turn 1/4 left stepping back on LF, Turn 1/4 right recovering weight on RF [6:00]
- 7-8 Turn 1/4 right stepping back on LF, Turn 1/2 right stepping forward on RF [9:00]

START AGAIN

*RESTARTS Wall 4 (Start facing [9:00] & 8 (Start facing [12:00]):

Dance through Count 15 (Cross RF over LF), then sweep LF back to front and restart.

ENDING Wall 13 (Start facing [6:00]):

Dance the first 8 counts (now facing [12:00]). There are now three slow soft chords at the end:

- 1 Cross RF over LF
- 2 Step LF to side
- 3 Step back on RF





牆數:

牆數:4