A Long Time Coming



拍數: 64 牆數: 1 級數: Improver

編舞者: Hal Hill (USA) & LouAnn

音樂: Havana - Kenny G



Special thanks to Ginger

HIPS BACK AND FORTH, WALK, WALK, TRIPLE STEP MAKING A QUARTER TURN RIGHT

1-4 (Start with weight on left foot) - move hips back, forward, back, forward weight ends on left

foot

5-6 Step right foot to right side, step left foot behind right

7&8 (Triple step making ¼ turn right) step right to right making ¼ turn right, step left by right, step

right foot forward

HIPS BACK AND FORTH, WALK WALK, TRIPLE STEP MAKING A HALF TURN LEFT (END ON 9:00 WALL)

1-4 (Start with weight on right) move hips forward, back, forward, back

5-6 (Making ½ turn left) step left forward, step forward on right

7&8 (Shuffle forward) - step right foot forward, step left by right, step right foot forward

TRIPLE STEP MAKING ½ TURN RIGHT, WALK, WALK, SHUFFLE FORWARD, WALK WALK (END ON 3:00 WALL)

1&2 (Making ½ turn right) step right foot to right, step left by right, step right foot forward

3-4 Step left, step right

5&6 (Shuffle forward) step left forward, step right forward step left by right

7-8 Walk right, walk left

STEP CLAPS WITH A 1/4 TURN TO RIGHT (END ON 6:00 WALL)

1-2 Step right foot to right side making a ¼ turn right (facing 6:00 wall), clap

3-4 Step left foot forward, clap
5-6 Step right foot in place, hold
7&8 Step left foot in place, clap, clap

SIDE SHUFFLE RIGHT, ROCK STEP, SIDE SHUFFLE LEFT, ROCK STEP (STAY ON 6:00 WALL)

1&2 (Side shuffle right) step right foot to right side, step left beside right, step right to right side

3-4 (Rock step) step left foot diagonally behind right, rock forward onto right foot

5&6 (Side shuffle left) step left foot to left side, step right beside left, step left to left side

7-8 (Rock step) step right foot diagonally behind left, rock forward onto left foot

TWO KICK BALL CHANGES, FORWARD ROCK STEP, MAKING HALF TURN RIGHT WITH TRIPLE STEP

1&2 (Kick ball change) kick right foot forward, step onto right foot, step onto left (Kick ball change) kick right foot forward, step onto right foot, step onto left

5-6 (Rock step) rock forward onto right foot, rock back onto left foot

7&8 (Making ½ turn right with triple step) step right foot to right making ½ turn (facing 12:00), step

left by right, step right foot forward

MAKING A FULL TURN WALK WALK, STEP WITH TOUCHES TO BOTH SIDES

1-2 (Turning to right - making whole turn) step forward on left (pivot on ball of left foot, making full

turn to right) step forward on right

3-4 Touch left foot out to left side, step forward on left5-6 Touch right foot to right side, step forward on right

7-8 Touch left to left side, step forward on left

STEP AND TURNS TO THE LEFT 4 TIMES (DON'T GET DIZZY!) START FACING 12:00 AND END ON 12:00

Remember this is a one wall line dance

1	Step forward on right (pivot on ball of foot)
2	Making ½ turn left step left foot in place
3	Step forward on right
4	Making ½ turn left step left foot in place
5	Step forward on right

6 Making ½ turn left step left foot in place

7 Step forward on right

8 Making ½ turn left step left foot in place

REPEAT