Long Time Gone



拍數: 64 牆數: 4 級數: Intermediate

編舞者: Darren "Texas Tornado" Tubridy (UK)

音樂: Long Time Gone - The Chicks



GRAPEVINE RIGHT, SCUFF LEFT, GRAPEVINE LEFT, SCUFF RIGHT

Step right to right side, step left behind right, step right to right side, scuff left foot
Step left to left side, step right behind left, step right to right side, scuff right foot

RIGHT ROCK, TURNING SHUFFLE, LEFT ROCK, TURNING SHUFFLE

9-10	Rock forward on right foot, recover weight on left foot
11&12	Make a ½ turn over right shoulder stepping right, left, right
13-14	Rock forward on left, recover weight onto right foot
15&16	Make a ½ turn over left shoulder stepping left, right, left

RIGHT ROCK, CROSS SHUFFLE, LEFT ROCK, CROSS SHUFFLE

17-18	Rock right to right side, recover weight on left
19&20	Cross right over left, step left behind, cross right over left
21-22	Rock left to left side, recover weight onto right
23&24	Cross left over right, step right behind, cross left over right

MONTEREY TURN, RIGHT KICK-BALL CHANGE TWICE

25-26	Touch right foot to right side, on ball of left foot make a ½ turn over right shoulder
27-28	Touch left foot to left side, touch left beside right
29&30	Kick right foot forward, step right beside left, step left in place
31&32	Kick right foot forward, step right beside left, step left foot in place

WEAVE RIGHT WITH ½ TURN SCUFF, CHASSE LEFT, RIGHT ROCK

33-36	Step right to right side, step left behind, step right to right side, scuff left making ¼ turn right over right shoulder
37&38	Step left to left side, close right beside left, step left to left side
39-40	Rock right behind left, recover w eight onto left foot

GRAPEVINE RIGHT WITH A 1/4 TURN RIGHT, LEFT SCUFF, RIGHT SCUFF, LEFT SCUFF

41-42	Step right to right side, step left foot behind right, step right foot to right side, making a ¼ turn right
43-44	Step right foot forward, scuff left foot
45-46	Step left foot forward, scuff right foot
47-48	Step right foot forward, scuff left foot

TURNING SHUFFLE, BACK ROCK, LEFT SHUFFLE, RIGHT SHUFFLE

49&50	Make a ½ turn left stepping left, right, left
51-52	Rock back on right foot, recover weight onto left foot
53-54	Shuffle forward on right, left, right
55-56	Shuffle forward on left, right, left

TURNING SHUFFLE, LEFT COASTER STEP, TOE STRUTS

57&58	Make a ½ left stepping right, left, right
59&60	Step back on left foot, step right beside left, step forward on left
61-62	Step right toe forward, step down on right heel
63-64	Step left toe forward, step down on left heel

REPEAT

RESTART

On 2nd wall dance up to count 60 & start dance again

TAG

On the 5th wall add a tag when you hear the word "star" RIGHT KICK BALL CHANGE TWICE, MONTEREY TURN

1&2 Kick right foot forward, step right beside left step left in place
3&4 Kick right foot forward, step right beside left, step left in place
5-6 Touch right foot to the side, on ball of left foot make a ½ turn right

7-8 Touch left foot to left side, touch left beside right

9-16 Repeat the above 8 counts

A full turn, ¼ turn right can be substituted for the grapevine for advanced dancers. Near the end of the track there is a section of music that seems out of time with the dance, just dance straight through & the dance will fit in at the end