

# Gone So Long

拍數: 64      牆數: 4      級數:  
編舞者: Victor Watts (AUS)  
音樂: Why Have You Been Gone So Long - Stacy Dean Campbell



- &1      Jump back onto left foot with right foot out front at 45 degrees  
&2      Jump back onto right foot with left foot out front at 45 degrees  
&3      Jump back onto left foot with right foot out front at 45 degrees  
4      Step right foot behind left  
5-6      Step left to left side, step right to right side  
7-8      Step left behind right, touch right beside left
- &1-2      Step right foot back at 45 degrees, shake leg twice  
&3-4      Step left foot back almost beside right, shake leg twice (lifting heels slightly off the ground)  
5-6      Sway knees to right, return knees to center  
7-8      Sway knees to left, return knees to center
- 1-4      Rolling vine to the right (right-left-right), scuff left forward at 45 degrees  
5-6      Step left forward at 45 degrees, lock right behind left  
7-8      Step left forward, scuff right at 45 degrees
- 1-2      Touch right toe forward at 45 degrees, moving weight forward drop right heel  
3-4      Touch left toe back at 45 degrees, moving weight back drop heel  
5-8      Swaying hips & knees simultaneously forward, back, forward, back
- 1-4      Vine right-left-right, scuff left in a sweeping movement to the left  
5-8      Rolling vine to the left 1-¼ turn left-right-left, hitch right
- &1-2      Stepping right forward, rock hips forward twice  
3-4      Rock hips back twice  
5-8      Rock hips forward, back, forward, back.
- 1&2      Shuffle forward right-left-right  
3-4      Step left forward, rock back onto right  
5&6      Shuffle backwards left-right-left  
7-8      Step right back, rock forward onto left
- &1-2      Step right toe forward at 45 degrees, moving weight forward drop heel  
3-4      Step left toe forward at 45 degrees, moving weight forward drop heel  
5-6      Step right toe forward at a 45 degrees, moving weight forward drop heel  
&7      Step left toe forward at a 45 degrees, moving weight forward drop heel  
&8      Step right toe forward at a 45 degrees, moving weight forward drop heel

REPEAT