

# Long Stretch

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**Count:** 48

**Wall:** 4

**Level:** Improver / Intermediate

**Choreographer:** Tony Myers - July 2015

**Music:** 'Long stretch of Love' by Lady Antebellum

**Fast 'Dance Her Home' by the Cody Johnson Band**

**Slower 'Long stretch of Love' by Lady Antebellum**

**Intro 'Lady Antebellum' 16 counts. - 'Cody Johnson' 32 counts. Both on vocals.**

**Cross Shuffle: Right Shuffle Back:  $\frac{1}{4}$  Chasse Left:  $\frac{1}{4}$  Shuffle Back**

- 1&2** Cross left over right(1) Step right to side(&) Cross left over right(2)
- 3&4** Step back on right(3) Step left with right(&) Step back on right(4)
- 5&6** Step left to side(5) Step right next to left(&) Turn  $\frac{1}{4}$  left stepping forward on left(6) (9:00)
- 7&8** Turn  $\frac{1}{4}$  left stepping back on right(7) Step left next to right(&) Step back on right(8) (6:00)

**Step Forward, Touch, Step Back: Sailor Step: Touch Forward, Side: Sailor Turn**

- 1&2** Step left forward(1) Touch right to left heel(&) Step back on right(2)
- 3&4** Step left behind right(3) Step right to right side(&) Step left to left side(4)
- 5 6** Touch right across left(5) Touch right to right side(6)
- 7&8** Step right behind left(7) Turn  $\frac{1}{4}$  right stepping left to left side(&) Step right to side(8) (9:00)

**Mambo Forward: Coaster Step: Step, Turn, Step: Rock, Turn, Cross**

- 1&2** Rock forward on left(1) Recover on right(&) Step back on left(2)
- 3&4** Step back on right(3) Step left with right(&) Step forward on right(4)
- 5&6** Step forward on left(5) Pivot  $\frac{1}{2}$  turn right(&) Step forward on left(6) (3:00)
- 7&8** Rock right to right side(7) Recover on left turning  $\frac{1}{4}$  left(&) Cross right over left(8) (12:00)

**Side Rock, Recover: Behind, Turn, Step: Pivot Turn: Point & Point**

- 1 2** Rock left to side(1) Recover on right(2)
- 3&4** Step left behind right(3) Turn  $\frac{1}{4}$  right stepping forward on right(&) Step forward on left(4) (3:00)
- 5 6** Step forward on right(5) Pivot  $\frac{1}{2}$  turn left(6) (9:00)

**7&8** Point right to right side(7) Step right next to left(&) Point left to left side(8)#restarts

**Cross & Heel: & Rock Recover: Shuffle Turn: Step Side, Touch**

**1&2** Cross left over right(&) Step back on right(&) Dig left heel forward(2)

**&34** Step left with right(&) Rock forward on right(3) Recover on left(4)

**5&6** Turn 3/8 right step right to side(5) Step left with right(&) Turn 3/8 right step right forward(6)  
(6:00)

**7 8** Step left to side(7) Touch right to left instep(8)

**Touch Back, Unwind: Kick, Out, Out: Touch & Touch: & Sway Left, Right**

**1 2** Touch right toes back(1) Turn ¼ right stepping onto right(2) (9:00)

**3&4** Kick left forward(3) Step out on left(&) Step out on right(4)

**5&6** Touch left toes forward(5) Step left next to right(&) Touch right toes forward(6)

**&78** Step right next to left(&) Step left to left side, sway to left(7) Sway weight back onto right(8)

**#Restart For Lady Antebellum walls 3 & 5 after 32 counts restart dance facing 3:00 & 9:00**

**Finish for Lady Antebellum. Start wall 7 facing 6:00 dance first 16 counts but don't turn the sailor on counts 15 & 16 to end on front wall.**

**#Restart For Cody Johnson Band Wall 4 after 32 counts restart dance facing 12:00**

**Finish for Cody Johnson Band. Start wall 7 facing 6:00 dance first 4 counts then turn ½ left stepping forward on left to end facing front wall**

**Have Fun.....tonymyers@live.co.uk**