

# LONG SLOW BEAUTIFUL DANCE

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Setsuko Motoki

**Music:** Long Slow Beautiful Dance by Rascal Flatts

## STEP, ROCK, RECOVER, TWICE, PIVOT $\frac{1}{2}$ TURN LEFT, RIGHT COASTER

- 1-2&** Step diagonally forward on right foot, rock left foot behind right, recover to right foot
- 3-4&** Step diagonally forward on left foot, rock right foot behind left, recover to left foot
- 5-6** Step forward on right foot with  $\frac{1}{2}$  turn left, step back on left foot
- 7&8** Step back on right foot, step left foot beside right, step forward on right foot

## STEP, ROCK, RECOVER, TWICE, PIVOT $\frac{1}{2}$ TURN RIGHT, LEFT COASTER

- 1-2&** Step diagonally forward on left foot, rock right foot behind left, recover to left foot
- 3-4&** Step diagonally forward on right foot, rock left foot behind right, recover to right foot
- 5-6** Step forward on left foot with  $\frac{1}{2}$  turn right, step back on right foot
- 7&8** Step back on left foot, step right foot beside left, step forward on left foot

## WEAVE RIGHT, ROCK, RECOVER, TRIPLE $\frac{3}{4}$ TURN LEFT

- 1-2&** Step right foot to right side, step left foot behind right, step right foot to right side
- 3&4** Step left foot across right step right to right side, step left foot behind right
- 5-6** Rock forward on right foot, recover to left foot with  $\frac{1}{4}$  turn left
- 7&8** Triple  $\frac{1}{2}$  turn left stepping right-left-right

## SHUFFLE FORWARD, SHUFFLE RIGHT, ROCK, RECOVER, SHUFFLE LEFT

- 1&2** Step forward on left foot, step right foot beside left, step forward on left foot
- 3&4** Step right foot to right side, step left foot beside right, step right foot to right side
- 5-6** Rock left foot across right, recover to right foot
- 7&8** Step left foot to left side, step right foot beside left, step left foot to left side

## REPEAT