

# Long Way Down

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**Count:** 64      **Wall:** 4      **Level:** Easy Intermediate

**Choreographer:** Glenda Silver ( August 2019 )

**Music:** Long Way Down (looking up from the bottom) by The Viper Creek Band (3.46 - iTunes ) ALBUM: Kickin' Up Dust

**DANCE: Clockwise INTRO: 16 counts from heavy beat on vocals**

**SIDE RIGHT, TOGETHER, SIDE TOUCH, SIDE LEFT TOGETHER SIDE TOUCH \***

**1234**      Step side R, tog L, side R, touch L beside R

**5678**      Step side L, tog R, side L, touch R beside L\* (12.00)

**DOUBLE HIPS, RIGHT & LEFT, SINGLE HIPS**

**1234**      Double hips R, Double hips L

**5678**      Single hips R L R L (12.00)

**TWIST RIGHT & LEFT \*\***

**1234**      Twist Heels to R, toes R, heels R, clap

**5678**      Twist heels to L, toes L, centre, clap \*\* (12.00)

**MONTEREY X 1/4 RIGHT, MONTEREY x 1/2 RIGHT**

**1234**      Point R to side, turn 900 R, step R tog, touch L to side, step L tog

**5678**      Point R to side, turn 1800 R, step R tog, touch L to side, step tog (9.00)

**VINE RIGHT, VINE LEFT**

**1234**      Step side R, behind L, side R, touch L beside R

**5678**      Step side L, behind L, side L, touch R beside L (9.00)

**SIDE RIGHT, TOUCH, 1/4 TURN L, TOUCH, X 2**

**1234**      Step R to side, touch L beside R, 1/4 turn L on L, touch R beside L

**5678**      Repeat above steps (3.00)

**SLOW "V" STEP**

**1234**      Toe strut 450 R, toe strut 450 L

**5678**      Step back centre R, step back centre L (3.00)

**HEEL RIGHT FORWARD, TOE BACK, TOGETHER, HOLD, REPEAT ON LEFT**

**1234** Heel R Fwd, R toe back R, replace beside L, hold

**5678** Heel L Fwd, L toe back, L, replace beside R, hold (3.00)

**RESTART: \* Wall 4 (facing 9.00), Dance to count 8**

**FINISH: \*\* Wall 10 (facing 12.00) Dance to count 24**

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