

# MARATHON RIDE

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**Count:** 32      **Wall:** 4      **Level:** Beginner polka

**Choreographer:** Arto Liekola

**Music:** Long Hard Ride by The Marshall Tucker Band

## 2 X HEELS, SCUFF, SHUFFLE, TURN

- 1&2&** Touch left heel forward, step left beside right, touch right heel forward, step right beside left
- 3-4** Step left forward, scuff right forward
- 5&6** Shuffle forward right, left, right
- 7-8** Step left forward, turn  $\frac{1}{2}$  right
- 9-16** Repeat steps 1-8

## SHUFFLE, SHUFFLE, TURN, SHUFFLE, SHUFFLE

- 17&18** Shuffle forward left, right, left
- 19&20** Shuffle forward right, left, right
- 21&22** Turn  $\frac{1}{4}$  left shuffle forward left, right, left
- 23&24** Shuffle forward right, left, right

## ROCK STEP, $\frac{1}{2}$ TURNING SHUFFLE, ROCK STEP, COASTER STEP

- 25-26** Rock forward left, recover weight back to right
- 27&28** Shuffle left, right left turning  $\frac{1}{2}$  left
- 29-30** Rock forward right, recover weight back to left
- 31&32** Step right back, step left beside right, step right forward

## REPEAT