

# Nice Long Break

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**Count:** 48

**Wall:** 2

**Level:** Easy Intermediate

**Choreographer:** Vanessa H. (7/5/2012)

**Music:** One Way Ticket by Carrie Underwood

## Right Lock Forward, Left Lock Forward, Jazz Box $\frac{1}{4}$ Turn Right, Step Touch Step Touch

1&2step right forward, lock left behind right, step right forward

3&4step left forward, lock right behind left, step left forward

5&6&cross right over left, step left back, turn  $\frac{1}{4}$  turn right, touch left beside right

7&8&step left to side, touch right beside left, step right to side, touch left beside right

(3:00)

## Left Side Shuffle Back Rock And Recover, Right Side Shuffle Back Rock And Recover

1&2step left to side, step right beside left, step left to side

3-4rock right back, recover to left

5&6step right to side, step left beside right, step right to side

7-8rock left back, recover to right (3:00)

## Step Forward, $\frac{1}{2}$ Turn Right, Shuffle $\frac{1}{2}$ Turn Right, Back Rock And Recover, Left $\frac{1}{4}$ Turn Vine, Touch

1-2step left forward,  $\frac{1}{2}$  turn right (weight on right)

3&4 $\frac{1}{2}$  turn right stepping back left, right, left

5-6step right back, recover to left

7&8&step right forward making  $\frac{1}{4}$  turn left, step left behind right, step right to side, touch left beside right (12:00)

## Left Touch Forward And Step, Right Touch Forward And Step, Rocking Chair, $\frac{1}{2}$ Turn Right, Step

**1-2 touch left forward, step left forward**

**3-4 touch right forward, step right forward**

**5&6 step left forward, recover to right, step left back, recover to right**

**7&8 step left forward,  $\frac{1}{2}$  turn right (weight on right), step left beside right (6:00)**

**Right Step Cross Step Kick, Left Step Cross Step Kick, Forward Shuffle Right, Forward Shuffle Left**

**1&2 step right to side, cross left over right, step right to side, kick left diagonally forward**

**3&4 step left to side, cross right over left, step left to side, kick right diagonally forward**

**5&6 chasse diagonally forward right, left, right**

**7&8 chasse diagonally forward left, right, left (6:00)**

**Jazz Box  $\frac{1}{4}$  Turn Right Touch, Left Side Mambo, Right Step, Sweep  $\frac{1}{4}$  Turn Left, Coaster**

**1&2 cross right over left, step left back, turn  $\frac{1}{4}$  turn right, touch left beside right**

**3&4 rock left to side, recover to right, step left beside right**

**5-6 step right to side, sweep left behind right making  $\frac{1}{4}$  turn left**

**7&8 step left back, step right beside left, step left forward (6:00)**