

Long Distance Lullaby

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Count: 64

Wall: 4

Level: Beginner / Intermediate

Choreographer: Carina Slijters (NL) March 2012

Music: Long Distance Lullaby by Martina McBride. CD: Eleven (171 bpm.)

32 count intro

Side, Touch, Side, Touch, Side, Close, Back, Hold

1-4 Step Right to Right, Touch Left next to Right, Step Left to Left, Touch Right next to Left

5-8 Step Right to Right, Close Left to Right, Step Right backwards, Hold

Side, Touch, Side, Touch, Side, Behind, ¼ Left, Hold

1-4 Step Left to Left, Touch Right next to Left, Step Right to Right, Touch Left next to Right

5-8 Step Left to Left, Cross Right behind Left, Make a quarter turn Left step Left forward, Hold [9.00]

Rock Step, Back, Hold, Left Lock Step Back, Hold

1-4 Step Right Forward, Weight back on Left, Step Right backwards, Hold

5-8 Step Left backwards, Cross Right in front of Left, Step Left backwards, Hold

Full Turn Right with Holds, Slow Coaster Right, Hold

1-4 Make a half turn Right step Right forward, Hold [3.00], Make a half turn Right step Left backwards, Hold [9.00]

5-8 Step Right backwards, Step Left next to Right, Step Right forward, Hold

Walk, Hold, Walk, Hold, Forward, ¼ Right, Cross, Hold

1-4 Walk with Left forward, Hold, Walk with Right forward, Hold

5-8 Step Left Forward, Make a quarter turn Right, Cross Left in front of Right, Hold [12.00]

¼, ¼, Cross, Hold 2x

1-2 Make a quarter turn Left step Right backwards, Make a quarter turn Left step Left to Left [6.00]

3-4 Cross Right in front of Left, Hold

5-6 Make a quarter turn Right step Left backwards, Make a quarter turn Right step Right to Right [12.00]

7-8 Cross Left in front of Right, Hold

Scissor Right & Left with Holds

1-4 Step Right to Right, Step Left next to Right, Cross Right in front of Left, Hold

5-8 Step Left to Left, Step Right next to Left, Cross Left in front of Right, Hold

Side, Behind, ¼ Right, Hold, Pivot, Hold

1-4 Step Right to Right, Cross Left behind Right, Make a quarter turn Right step Right forward, Hold [3.00]

5-8 Step Left forward, Make a half turn Right, Step Left Forward, Hold [9.00]

Start again

Restart: In the 3rd and 7th wall dance till count 40 and than start again.

Tag: In the 5th wall dance till count 31. Count 32 Close Left next to Right, and than start again.

Optional ending

In the last wall (wall 8th) dance till count 63, you'll be facing 6.00. Cross Right in front of Left and make a half turn Left to face the front wall.

Contact: www.carinaslijters.nl