

A Long Time Coming

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Count: 32

Wall: 4

Level: Intermediate

Choreographer: Paul Foxall (Sept 2010)

Music: A Change Is Gonna Come by Leela James

The Timing On The Dance Is '1 & a' Count..... Listening To The Track You Should Hear This Beat Throughout...

SECTION 1

- 1** Step right foot across left foot as you sweep left foot around from back to front.
- 2 & a 3** Run forward left, right, left. Step right foot to right side turning $\frac{1}{4}$ turn left,
- 4 & a 5** Make $\frac{1}{4}$ turn left taking weight on the left foot, $\frac{1}{2}$ turn left stepping back on right, $\frac{1}{4}$ turn left stepping left to left side, cross right over left.
- 6 & a 7** Step left foot to left side, step right next to left, step left over right foot, make $\frac{1}{3}$ of a turn right stepping forward on right, sweep left foot around over right to face 6 o'clock.
- 8 & a 1** Run forward left, right, left, rock forward onto right foot.

SECTION 2

- 2 & a 3** Recover weight onto left, step right next to left, run forward left, right.
- 4 & a 5** Step left across right, make $\frac{1}{4}$ turn left stepping back on right, step back left, rock back on to right foot.
- 6 & a 7** Recover weight onto left foot, make $\frac{1}{2}$ turn left stepping back on right, step back left, step back right.
- 8 & a 1** Shuffle forward left, right, left, make $\frac{1}{4}$ turn left stepping right to right side hitching left knee up

SECTION 3

- 2 & a 3** Step left to left side, step right across left, step left to left side, step right behind left, sweeping left around from front to back.

4 & a 5 Step left behind right, right to right side, step left across right, step right to right side.

6 & a 7 Step left across right, step right to right side, step left behind right, step right to right side.

**8 & a 1 Sway hips to left, right, left (on last left sway, slightly hitch right foot off the floor)
Step right to right side, dragging left towards right.**

SECTION 4

2 & a 3 Make a full rolling turn left stepping left forward into $\frac{1}{4}$ turn left, stepping back on right making $\frac{1}{2}$ a turn left, make $\frac{1}{4}$ turn left stepping left to left side, step right across left, sweeping left out and across right. (On count 3 angle body toward left diagonal)

4 & a 5 Make a quarter turn left, stepping left across right, back on right $\frac{1}{8}$, back on left, right behind left.

6 & a 7 Step left to left side, step right across left, step left to left side, step back on right (slightly hooking left foot up in front of right)

8 & a Step left behind right, step right to right side, step left across right.

Start again.....