

# Long Distance

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**Count:** 32

**Wall:** 4

**Level:** Improver / Intermediate

**Choreographer:** Tony Myers (Dec 2012)

**Music:** 'Long Distance' by Melanie Amaro

## 32 count intro

### Cross, Point : Side Chasse : Cross Rock, Recover : Sailor ¼ Turn

- 1 2** Cross left over right (1) Point right to side (2)
- 3&4** Turn ¼ right stepping forward on right (3) Turn ½ right stepping back on left (&) Turn ¼ right stepping right to side (4)( OR. Step right to side (1) Step left next to right (&) Step right to side (4))
- 5 6** Rock left across right (5) Recover on right (6)
- 7&8** Step left behind right (7) Turn ¼ left stepping right to side (&) Step left to side (8) (9:00)

### Side Strut : Cross shuffle : Turn, Hook : Left Shuffle

- 1 2** Touch right toes to right side (1) Step down on right (2)
- 3&4** Cross left over right (3) Step right to side (&) Cross left over right (4)
- 5 6** Turn ¼ left stepping back on right (5) Hook left over right shin (6) (6:00)
- 7&8** Step forward on left (7) Step right with left (&) Step forward on left (8)

### Sway R, L : Coaster step ; Sway L, R : Behind, Turn, Step

- 1 2** Step right to side swaying right (1) Sway to left (2)
- 3&4** Step back on right (3) Step left next to right (&) Step forward on right (8)
- 5 6** Step left to side swaying left (5) Sway to right (6)
- 7&8** Step left behind right (7) Turn ¼ right step forward on right (&) Step forward on left (8) (9:00)

### Side, Behind : Kick Ball Cross : Point, Hitch : Step, Turn, Step

- 1 2** Step right to side (1) Step left behind right (2)
- 3&4** Kick right forward (3) Step down on right (&) Cross left over right (4)
- 5 6** Point right to side (5) Hitch right knee slightly forward (6)
- 7&8** Step forward on right (7) Pivot ½ turn left (&) Step forward on right (8) (3:00)

**TAG: At the end of wall 10 (you will be facing 6:00) do this 4 count tag:-**

**1 2**          Cross left over right (1) Step back on Right (2)

**3 4**          Turn  $\frac{1}{4}$  left stepping left to side (3) Step right to side (4)

**You will be back on the 3:00 wall**

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