

# Long Cool Woman

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**Count:** 36

**Wall:** 2

**Level:** Beginner / Intermediate

**Choreographer:** The Girls (Maureen & Michelle)

**Music:** 'Long Cool Woman (in a black dress)' by The Hollies (138 bpm)

## Intro: 32 counts after main rhythm (28 seconds)

### HEEL GRIND-1/4 TURN, BACK, COASTER, SCUFF, STOMP, HOLD

- 1-2 Grind right heel forward making  $\frac{1}{4}$  turn right, step left back
- 3&4 Step right back, step left beside right, step right forward
- 5-6 Step left forward, scuff right forward
- 7-8 Stomp right forward, hold

### SIDE, CROSS, SIDE, CROSS SHUFFLE, SIDE ROCK, $\frac{1}{2}$ HINGE TURN, SCUFF

- &9-10 Step left beside right, step right across left, step left to left
- 11&12 Step right across left, step left to left, step right across left
- 13-14 Rock left to left, recover onto right
- 15-16 On ball of right make  $\frac{1}{2}$  hinge turn left and step left to left, scuff right across left

### JAZZ BOX, SIDE ROCK, CROSS SHUFFLE

- 17-18 Step right across left, step left back
- 19-20 Step right to right, step left across right
- 21-22 Rock right to right, recover onto left
- 23&24 Step right across left, step left to left, step right across left

### HIP BUMPS WITH HOLD, $\frac{1}{4}$ SHUFFLE TURN, SHUFFLE

- 25-26 Step left to left & bump hips left, hold
- 27-28 Bump hips right, left
- 29&30 Shuffle  $\frac{1}{4}$  turn right stepping right, left, right
- 31&32 Shuffle forward stepping left, right, left

### $\frac{1}{2}$ PIVOT, KICK-BALL-CHANGE

- 33-34 Step right forward, pivot  $\frac{1}{2}$  turn left

**35-36** Kick right forward, step right beside left, step left forward

**Contact: [thegirls2ms@hotmail.com](mailto:thegirls2ms@hotmail.com)**

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