

LONG WAY DOWN

LINEDANCE.COM

Count: 64

Wall: 4

Level: intermediate/advanced

Choreographer: Alan Birchall

Music: Long Way Down by Hal Ketchum

WEAVE, ROCK, $\frac{1}{4}$ RECOVER, STEP, $\frac{1}{2}$ PIVOT, CROSS

- 1-2 Cross left over right, step right to right
3-4 Cross left behind right, rock right to right
5-6 Recover on left making $\frac{1}{4}$ turn left, step forward on right (9:00)

7-8 $\frac{1}{2}$ pivot left, cross right over left (3:00)

POINT, HOLD, $\frac{3}{4}$ MONTEREY, 'ROCK STRUTS'

- 1-2 Point left to left, hold

3-4 $\frac{3}{4}$ turn left, stepping left by right (6:00)

- 5-6 Touch right toe to right, drop right heel to floor - transferring weight to right
7-8 Touch left toe to left, drop left heel to floor - transferring weight to left

Steps 5-8 should appear like a rocking motion

CROSS BEHIND ROCK, RECOVER, SIDE, BEHIND, ROCK, DIAGONAL LOCK STEP

- 1-2 Cross rock right behind left bending upper body to left, recover on left
3-4 Step right to right, cross left behind right
5-6 Rock right to right, step left to left diagonal
7-8 Lock right behind left, step forward on left

$\frac{1}{4}$ TURNING JAZZ BOX, STEP, $\frac{1}{2}$ PIVOT, STEP, HOLD

- 1-2 Cross right over left, step back on left making $\frac{1}{4}$ turn right (9:00)
3-4 Step right to right, step forward on left
5-6 Step forward on right, $\frac{1}{2}$ pivot left (3:00)
7-8 Step forward on right, hold

ROCKING CHAIR, $\frac{1}{2}$ TURN, TAP, $\frac{1}{4}$ TURN, STEP

- 1-2 Rock forward on left, recover on right

- 3-4 Rock back on left, recover on right
- 5-6 Making $\frac{1}{2}$ turn right step back on left, tap right in front of left (9:00)
- 7-8 Making $\frac{1}{4}$ turn right step forward on right, step left to left (12:00)

CROSS $\frac{3}{4}$ UNWIND, STEP, TAP, BACK LOCK STEP, STEP

- 1-2 Cross right behind left unwind $\frac{3}{4}$ turn right step (9:00)
- 3-4 Forward on left, tap right behind left
- 5-6 Step back on right, lock left over right
- 7-8 Step back on right, step back on left

ROCK STEPS, STEP, CROSS

- 1-2 Rock back on right, recover on left
- 3-4 Rock right to right, recover on left
- 5-6 Rock forward on right, recover on left
- 7-8 Step right to right, cross left over right

MONTEREY TURNS, ROCK RECOVER

- 1-2 Point right to right, make $\frac{1}{2}$ turn right, stepping right by left - crouching down (3:00)
- 3-4 Point left to left, step left by right
- 5-6 Point right to right, make $\frac{1}{2}$ turn right, stepping right by left - crouching down (9:00)
- 7-8 Rock left to left, recover on right

REPEAT