



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Long Distance

32 Count, 4 Wall, Improver

Choreographer: Tony Myers (UK) Dec 2012

Choreographed to: Long Distance by Melanie Amaro

Intro: 32

CROSS, POINT: SIDE CHASSE: CROSS ROCK, RECOVER: SAILOR ¼ TURN

- 1-2 Cross left over right, point right side
3&4 Turn ¼ right and step right forward, turn ½ right and step left back, turn ¼ right and step right side
Or step right side, step left together, step right side
5-6 Cross/rock left over right, recover to right
7&8 Cross left behind right, turn ¼ left and step right side, step left side (9:00)

SIDE STRUT: CROSS SHUFFLE: TURN, HOOK: LEFT SHUFFLE

- 1-2 Step right toe side, drop right heel
3&4 Crossing chassé left-right-left
5-6 Turn ¼ left and step right back, hook left over right (6:00)
7&8 Chassé forward left-right-left

SWAY RIGHT, LEFT: COASTER STEP ; SWAY LEFT, RIGHT: BEHIND, TURN, STEP

- 1-2 Rock right side and sway right, sway left
3&4 Right coaster step
5-6 Rock left side and sway left, recover to right and sway right
7&8 Cross left behind right, turn ¼ right and step right forward, step left forward (9:00)

SIDE, BEHIND: KICK BALL CROSS: POINT, HITCH: STEP, TURN, STEP

- 1-2 Step right side, cross left behind right
3&4 Right kick ball cross
5-6 Point right side, hitch right knee
7&8 Step right forward, turn ½ left (weight to left), step right forward (3:00)

TAG At the end of wall 10 (6:00):

- 1-2 Cross left over right, step right back
3-4 Turn ¼ left and step left side, step right side (3:00)