



Approved by:

Carina

# Long Distance Lullaby

## 4 WALL – 64 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b> 1 – 2 3 – 4 5 – 8	<b>Side, Touch, Side, Touch, Side, Together, Back, Hold</b> Step right to right side. Touch left beside right. Step left to left side. Touch right beside left. Step right to right side. Close left beside right. Step right back. Hold.	Side Touch Side Touch Side Together Back Hold	Right Left Back
<b>Section 2</b> 1 – 2 3 – 4 5 – 6 7 – 8	<b>Side, Touch, Side, Touch, Side, Behind, 1/4 Turn, Hold</b> Step left to left side. Touch right beside left. Step right to right side. Touch left beside right. Step left to left side. Cross right behind left. Turn 1/4 left and step left forward. Hold. (9:00)	Side Touch Side Touch Side Behind Quarter Hold	Left Right Left Turning left
<b>Section 3</b> 1 – 4 5 – 8	<b>Forward Rock, Back, Hold, Lock Step Back, Hold</b> Rock forward on right. Recover onto left. Step right back. Hold. Step left back. Lock right across left. Step left back. Hold.	Rock Forward Back Hold Back Lock Back Hold	Back
<b>Section 4</b> 1 – 2 3 – 4 5 – 8 <b>Restart</b>	<b>Full Turn With Holds, Slow Coaster Step, Hold</b> Turn 1/2 right stepping right forward. Hold. Turn 1/2 right stepping left back. Hold. (9:00) Step right back. Step left beside right. Step right forward. Hold. <b>Wall 5:</b> Replace Hold (count 32) with Step left beside right then Restart the dance.	Turn Hold Turn Hold Coaster Step Hold	Turning right On the spot
<b>Section 5</b> 1 – 4 5 – 8 <b>Restart</b>	<b>Walk, Hold, Walk, Hold, Step, Pivot 1/4, Cross, Hold</b> Walk forward left. Hold. Walk forward right. Hold. Step left forward. Pivot 1/4 turn right. Cross left over right. Hold. (12:00) <b>Walls 3 and 7:</b> Restart dance at this point.	Left Hold Right Hold Step Pivot Cross Hold	Forward Turning right
<b>Section 6</b> 1 – 2 3 – 4 5 – 6 7 – 8	<b>1/4 Turn, 1/4 Turn, Cross, Hold (x 2)</b> Turn 1/4 left stepping right backwards. Turn 1/4 left stepping left to side. (6:00) Cross right over left. Hold. Turn 1/4 right stepping left backwards. Turn 1/4 right stepping right to side. (12:00) Cross left over right. Hold.	Half Turn Cross Hold Half Turn Cross Hold	Turning left Left Turning right Right
<b>Section 7</b> 1 – 4 5 – 8	<b>Scissor Step, Hold (x 2)</b> Step right to right side. Step left beside right. Cross right over left. Hold. Step left to left side. Step right beside left. Cross left over right. Hold.	Right Scissor Hold Left Scissor Hold	On the spot
<b>Section 8</b> 1 – 2 3 – 4 5 – 6 7 – 8	<b>Side, Behind, 1/4 Turn, Step, Pivot 1/2, Step, Hold</b> Step right to right side. Cross left behind right. Turn 1/4 right stepping right forward. Hold. Step left forward. Pivot 1/2 turn right. (9:00) Step left forward. Hold.	Side Behind Quarter Hold Step Pivot Step Hold	Right Turning right Forward
<b>Ending</b>	<b>Wall 8:</b> Dance to count 63 (facing 6:00) then Cross right over left and turn 1/2 left to face the front.		

**Choreographed by:** Carina Slijters (NL) March 2012

**Choreographed to:** 'Long Distance Lullaby' by Martina McBride (171 bpm) from CD Eleven; download available from amazon.co.uk or iTunes (32 count intro)

**Restarts:** Three Restarts - Walls 3, 5 and 7

**Choreographer's note:** This dance is in remembrance of our baby son, Keano van Dooren, 26 August 2010 - 11 February 2011



A video clip of this dance is available at [www.linedancermagazine.com](http://www.linedancermagazine.com)