



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

Long Hard Ride

48 count, 4 wall, beginner/intermediate level
Choreographer: DJ Dan & Wynette Miller (NL) Jul 04
Choreographed to: Long Hard Ride by Joni Harms,
Cowgirl Dreams, bpm 117

Intro: 12 counts from start of music.

1-6 DIAGONAL BASIC FORWARD. RIGHT and LEFT.

Angle your body.

1-3 Step right forward on left diagonal. Step left next to right. Step right in place, facing front wall.

4-6 Step left forward on right diagonal. Step right next to left. Step left in place, facing front wall.

7-12 BASIC BACK, BASIC FORWARD 1/4 TURN LEFT.

1-3 Step right back. Step left next to right. Step right in place.

4-6 Step left forward with 1/4 turn left. Step right next to left. Step left in place. [9]

13-18 BASIC BACK, STROLL FORWARD.

1-3 Step right back. Step left next to right. Step right in place.

4-6 Step left forward. Lock right behind left. Step left forward.

19-24 STEP-1/2 TURN-STEP, STROLL FORWARD.

1-3 Step right forward. Make 1/2 turn left. Step right forward. [3]

4-6 Step left forward. Lock right behind left. Step left forward.

25-30 STEP-DRAG and RISE-KICK, BACK-POINT-HOLD.

1-3 Step right forward. Drag left forward rising on ball of right. Kick left forward.

4-6 Step left back. Point right toe to right side. Hold.

31-36 TWINKLES. RIGHT and LEFT.

1-3 Cross right over left. Step left to left side. Step right in place.

4-6 Cross left over right. Step right to right side. Step left in place.

37-42 BASIC FORWARD and BACK

1-3 Step right forward. Step left next to right. Step right in place.

4-6 Step right back. Step right next to left. Step left in place.

43-48 CROSS-SIDE ROCK. RIGHT and LEFT.

1-3 Cross right over left. Rock left to left side. Recover weight onto right.

4-6 Cross left over right. Rock right to right side. Recover weight onto left.

Bridge 12 counts after the 3rd wall facing 9 o'clock.

BASIC FORWARD 1/4 TURN RIGHT. BASIC BACK, X2

1-3 Step right forward with 1/4 turn right. Step left next to right. Step right in place.

4-6 Step left back. Step right next to left. Step left in place.

7-9 Step right forward with 1/4 turn right. Step left next to right. Step right in place.

10-12 Step left back. Step right next to left. Step left in place.