

Long Way Down

64 count, 4 wall, intermediate/advanced level
Choreographer: Alan G. Birchall (UK) March 2005
Choreographed to: Long Way Down by Hal Ketchum,
CD: I Saw The Light (75/150bpm)

Start: On Vocals **Count:** 32 Counts (16 counts From Start Of Beat) **Seconds:** 12

WEAVE, ROCK, ¼ RECOVER, STEP, ½ 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 ¼ Turn Left, Step Forward On Right (9 'O' Clock)
- 7-8 ½ Pivot Left, Cross Right Over Left (3 'O' Clock)

POINT, HOLD, ¾ MONTEREY, 'ROCK STRUTS'

- 1-2 Point Left To Left, Hold
- 3-4 ¾ Turn Left, Stepping Left by Right (6 'O' Clock)
- 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

Note: 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

¼ TURNING JAZZ BOX, STEP, ½ PIVOT, STEP, HOLD

- 1-2 Cross Right Over Left, Step Back On Left Making ¼ Turn Right (9 'O' Clock)
- 3-4 Step Right To Right, Step Forward On Left
- 5-6 Step Forward On Right, ½ Pivot Left (3 'O' Clock)
- 7-8 Step Forward On Right, Hold

ROCKING CHAIR, ½ TURN, TAP, ¼ TURN, STEP

- 1-2 Rock Forward On Left, Recover On Right
- 3-4 Rock Back On Left, Recover On Right
- 5-6 Making ½ Turn Right Step Back On Left, Tap Right In Front Of Left (9 'O' Clock)
- 7-8 Making ¼ Turn Right Step Forward On Right, Step Left To Left (12 'O' Clock)

CROSS ¾ UNWIND, STEP, TAP, BACK LOCK STEP, STEP

- 1-2 Cross Right Behind Left Unwind ¾ Turn Right Step (9 'O' Clock)
- 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 ½ Turn Right, Stepping Right By Left - Crouching Down (3 'O' Clock)
- 3-4 Point Left To Left, Step Left By Right
- 5-6 Point Right To Right, Make ½ Turn Right, Stepping Right By Left - Crouching Down (9 'O' Clock)
- 7-8 Rock Left To Left, Recover On Right