

Nice Long Break

48 Count, 2 Wall, Intermediate

Choreographer: Vanessa H (July 2012)

Choreographed to: One Way Ticket by Carrie Underwood,
CD: Blown Away

Start dancing on lyrics

- 1 RIGHT LOCK FORWARD, LEFT LOCK FORWARD, JAZZ BOX TURN ¼ RIGHT, STEP TOUCH STEP TOUCH**
- 1&2 Locking chassé forward right-left-right
3&4 Locking chassé forward left-right-left
5&6& Cross right over left, step left back, turn ¼ right, touch left together
7&8& Step left side, touch right together, step right side, touch left together
- 2 LEFT SIDE SHUFFLE BACK ROCK AND RECOVER, RIGHT SIDE SHUFFLE BACK, ROCK AND RECOVER**
- 1&2 Step left side, step right together, step left side
3-4 Rock right back, recover to left
5&6 Step right side, step left together, step right side
7-8 Rock left back, recover to right
- 3 STEP FORWARD, TURN ½ RIGHT, SHUFFLE TURN ½ RIGHT, BACK ROCK AND RECOVER, LEFT ¼ TURN VINE, TOUCH**
- 1-2 Step left forward, turn ½ right (weight on right)
3&4 Turn ½ right and step back left, right, left
5-6 Rock right back, recover to left
7&8& Step right forward turn ¼ left, cross left behind right, step right side, touch left together
- 4 LEFT TOUCH FORWARD AND STEP, RIGHT TOUCH FORWARD AND STEP, ROCKING CHAIR, TURN ½ RIGHT, STEP**
- 1-2 Touch left forward, step left forward
3-4 Touch right forward, step right forward
5&6& Step left forward, recover to right, step left back, recover to right
7&8 Step left forward, turn ½ right (weight on right), step left together
- 5 RIGHT STEP CROSS KICK, LEFT STEP CROSS KICK, FORWARD SHUFFLE RIGHT, FORWARD SHUFFLE LEFT**
- 1&2& Step right side, cross left over right, step right side, kick left diagonally forward
3&4& Step left side, cross right over left, step left side, kick right diagonally forward
5&6 Chasse diagonally forward right, left, right
7&8 Chasse diagonally forward left, right, left
- 6 JAZZ BOX TURN ¼ RIGHT TOUCH, LEFT SIDE MAMBO, RIGHT STEP, SWEEP TURN ¼ LEFT, COASTER**
- 1&2& Cross right over left, step left back, turn ¼ right, touch left together
3&4 Rock left side, recover to right, step left together
5-6 Step right side, sweep left behind right turn ¼ left
7&8 Step left back, step right together, step left forward