

The Long Run

BEGINNER

32 Count 4 Walls

Choreographed by: Eddie Huffman

Choreographed to: The Long Run by The Eagles

WALK FORWARD RIGHT LEFT, STEP TRIPLE LOCK, LEFT ROCK, 1/2 TURN LEFT TRIPLE

- 1 - 2 Step right forward, step left forward
3 & 4 Step right forward diagonally right, cross left behind right, step right forward diagonally right
5 - 6 Rock forward on left and recover on right
7 & 8 Turn 1/2 left as you triple forward, left, right, left

WALK FORWARD RIGHT LEFT, STEP TRIPLE LOCK, LEFT ROCK, 1/4 TURN LEFT TRIPLE

- 1 - 2 Step right forward, step left forward
3 & 4 Step right forward diagonally right, cross left behind right, step right forward diagonally right
5 - 6 Rock forward on left and recover on right
7 & 8 Turn 1/4 left as you triple to the left side, left, right, left

ROCK FORWARD, RECOVER, COASTER STEP, ROCK, 1/2 TURN LEFT TRIPLE

- 1 - 2 Rock forward on right and recover left
3 & 4 Step right behind, step left next to right, step right forward
5 - 6 Rock forward on left and recover on right
7 & 8 Turn 1/2 left as you triple forward left, right, left

SIDE ROCK, SYNCOPATED WEAVE 2X

- 1 - 2 Rock right to right and recover on left
3 & 4 Cross right behind, step left to left, cross right over left
5 - 6 Rock left to left and recover on right
7 & 8 Cross left behind, step right to right, cross left over right

REPEAT