

Long Distance Love

Count: 64 **Wall:** 4 **Level:** Intermediate

Choreographer: Dee Musk (UK) Feb 2013

Music: 'Long Distance' by Melanie Amaro. [Single – iTunes]

Huge Thanks for the music from my friends Mike & Brenda.

32 Count Intro – Approx 16 seconds - Track approx 3 mins 50 secs BPM 120

Side Touch, Kick Ball Cross, Side Behind, Kick Ball Cross.

1,2Step R to R side, touch L beside R.

3&4Kick L to L diagonal, step L beside R, cross R over L.

5,6Step L to L side, cross step R behind L.

7&8Kick L to L diagonal, step L beside R, cross R over L. (12 o'clock).

Side Rock, Cross ¼ Turn L, Chasse ¼ Turn L, Cross Rock.

1,2Rock L to L side, recover weight to R.

3,4Cross L over R, make a ¼ turn L stepping back on R.

5&6Make a ¼ turn L stepping L to L side, close R beside L, step L to L side.

7,8Cross rock R over L, recover weight to L. (6 o'clock).

Side Rock, Sailor Heel, Ball Cross Hold, Side Behind ¼ Turn R.

1,2Rock R to R side, recover weight to L.

3&4Cross R behind L, step L to L side, touch R heel to R diagonal.

&5,6Step R beside L, cross L over R, hold count 6.

&7,8Step R to R side, cross L behind R, make a ¼ turn R stepping forward on R. (9 o'clock).

Step ½ Turn R, Step Reverse ½ Turn L, ¼ Turn L, Hold, Ball Side Touch.

1,2Step forward on L, make a ½ turn R.

3,4Step forward on L, make a reverse ½ turn L stepping back on R.

5,6Make a ¼ turn L stepping L to L side, hold count 6.

&7,8Step R beside L, step L to L side, touch R beside L. (6 o'clock).

¼ Turn R, Touch, Full Walkaround Turn L, Behind Side Cross.

1,2Make a ¼ turn R stepping forward on R, touch L beside R.

3-6Walk around a full turn L stepping L, R, L, step R to R side.

7&8Cross step L behind R, step R to R side, cross L over R. (9 o'clock).

Side Rock, Behind ¼ Turn Step, Rock Recover, Step Back, Reverse ½ Turn R.

1,2Rock R to R side, recover weight to L.

3&4Cross step R behind L, make a ¼ turn L stepping forward on L, step forward on R.

5,6Rock forward on L, recover weight to R.

7,8Step back on L, make a reverse ½ turn R stepping forward on R. (12 o'clock).

Step ¼ Turn R, Cross Shuffle, Side Rock, Sailor Step.

1,2Step forward on L, make a ¼ turn R.

3&4Cross step L over R, step R to R side, cross step L over R.

5,6Rock R to R side, recover weight to L.

7&8Cross step R behind L, step L to L side, step R to R side. (3 o'clock).

Behind ¼ Turn R, Step ¾ Turn R, Chasse L, Back Rock.

1,2Cross step L behind R, make a ¼ turn R stepping forward on R.

3,4Step forward on L, make a ¾ turn R.

5&6Step L to L side, close R beside L, step L to L side.

7,8Rock back on R, recover weight to L. (3 o'clock).

Tag End of wall 5 facing 3 o'clock wall dance the following then begin again.

R Side Touch, L Side Touch.

1-4Step R to R side, touch L beside R, step L to L side, touch R beside L.

Contact: deemusk@btinternet.com - Dee: 07814 295470