

LONG GONE

Count: 64. Wall: 4. Level: Easy Intermediate

Choreographer: Francien Sittrop (Feb 11)

Music: Long Gone by Lady Antebellum (117bpm)

INTRO: Start after 16 counts from the heavy Beat, On Vocals

ROCK FORWARD, RECOVER, BACK, BACK, ROCK BACK, RECOVER, KICK, BALL, CROSS

1,2 Rock R forward, Recover onto L [12:00]
3,4 Step R back, Step L back
5,6 Rock R back, Recover onto L,
7&8 Kick R forward, Step ball of R beside L, Cross L over R

ROCK RIGHT, RECOVER, CROSS SHUFFLE, BACK, 1/4 RIGHT, FORWARD, TOUCH SIDE

1,2 Rock R to right, Recover onto L
3&4 Cross R over L, Step L to left, Cross R over L
5,6 Step L back, Turn ¼ right step R to right [3:00]
7,8 Step L forward, Touch R to right

RESTART: Wall 5

STEP, TOUCH FORWARD, BACK, TOUCH FORWARD, BACK, BACK, COASTER BACK

1,2 Step R forward, Touch L forward
3,4 Step L back, Touch R forward
5,6 Step R back, Step L back
7&8 Step R back, Step L beside R, Step R forward

STEP, PIVOT 1/2, SHUFFLE, STEP, PIVOT 3/4, KICK, BALL, CROSS

1,2 Step L forward, Pivot ½ right [9:00]
3&4 Step L forward, Step R beside L, Step L forward
5,6 Step R forward, Pivot ¾ left [12:00]
7&8 Kick R forward, Step ball of R beside L, Cross L over R

SIDE, TOGETHER, CHASSE RIGHT, CROSS ROCK, RECOVER, SAILOR 1/2 LEFT CROSS

1,2 Step R to right, Step L beside R
3&4 Step R to right, Step L beside R, Step R to right
5,6 Cross Rock L over R, Recover onto R
7&8 Sweep L behind R with ½ left, Step R to right, Cross L over R [6:00]

ROCK RIGHT, RECOVER, BEHIND, SIDE, CROSS, SIDE, DRAG, BALL, CROSS, SIDE

1,2 Rock R to right, Recover onto L
3&4 Step R behind L, Step L to left, Cross R over L
5,6 Step L to left, Drag R to L
&7,8 Step R beside L, Cross L over R, Step R to right

BEHIND, SIDE, CROSS, SHUFFLE 1/4, STEP, PIVOT 1/2, STEP, SCUFF

1&2 Step L behind R, Step R to right, Cross L over R
3&4 Turn ¼ right step R forward, Step L beside R, Step R forward [9:00]
5,6 Step L forward, Pivot ½ right [3:00]
7,8 Step L forward, Scuff R forward

RESTART: Wall 1 and Wall 3

HEEL SWITCHES, HEEL, HOOK, ROCKING CHAIR

1&2& Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R
3,4 Touch R heel forward, Hook R across L
5,6 Rock R forward, Recover onto L
7,8 Rock R back, Recover onto L

64 REPEAT