

THE LONG ONE

SONG: THE LONG ONE
 ARTIST: JOSH GRACIN
 ALBUM: JOSH GRACIN
 CHOREOGRAPHER: NOEL BRADEY, Sydney, January 2010
 ORIGINAL POSITION: Feet Together, Weight On R foot
 DANCE STARTS: 16 Count Introduction

BEATS: STEPS: Two Wall Intermediate Line Dance Version: 1:01

1-8 **ROCK SIDE, REPLACE, ROCK FWD, REPLACE, ½, ½, BACK, REPLACE, ½, ¼**
 1,2&3,4 Rock/step on L to left side, Replace wt to R, Step on L beside R, Rock/step fwd on R, Replace wt to L (12:00)
 &5,6 Turn 180° right stepping R fwd, Turn 180° right stepping L back, Rock/step back on R (3:00)
 7&8 Replace wt to L, Turn 180° left stepping R back, Turn 90° left stepping L to left side

9-16 **CROSS, REPLACE, ¼, FWD, ½, ¼, CROSS, REPLACE, ¼, FULL TURN FWD**
 1,2&3 Cross/step R over L, Replace wt to L, Turn 90° right stepping R fwd, Step L fwd (6:00)
 4& Turn 180° left stepping R back, Turn 90° left stepping L to left side (9:00)
 5,6& Cross/step R over L, Replace wt to L, Turn 90° right stepping R fwd (12:00)
 7,8 (*Travelling fwd*) Turn 180° right stepping L back, Turn 180° right stepping R fwd (12:00)

17-24 **ROCK FWD, REPLACE, ¼, CROSS, ¼, ¼, CROSS, ¼, ¼, FWD, ½, TOUCH UNWIND ½, TAKE WT**
 1,2& Rock/step L fwd, Replace wt to R, Turn 90° left stepping L to left side (9:00)
 3&4 Cross/step R over L, Turn 90° right stepping L back, Turn 90° right stepping R to right side (3:00)
 5&6 Cross/step L over R, Turn 90° left stepping R back, Turn 90° left stepping L to left side (9:00)
 7&8&& (*Travelling fwd*) Step R fwd, Turn 180° right stepping L back, Turn a further 180° right touching R toe behind L (*wt L*), Take wt on to R (9:00)

25-32 **FWD, REPLACE, ¼, FWD, ½ PIVOT, TOGETHER, FWD, ½ PIVOT, ½ PIVOT, FULL TURN FWD**
 1,2& Rock/step L fwd, Replace wt to R, Turn 90° left stepping on L to left side (6:00)
 3,4 Step R fwd, Pivot turn 180° left (*wt L*) (12:00)
 &5,6 Step on R beside L, Step L fwd, Pivot turn 180° right (*wt R*) (6:00)
 7&8 Pivot turn 180° left (*wt L*), Turn 180° left stepping R back, Turn 180° left stepping L fwd (12:00)

33-40 **CROSS SWEEP, CROSS SWEEP, BACK COASTER, ¼ PIVOT, CROSS, SIDE, ½ HINGE, CROSS, ¼**
 1,2 (*Travelling fwd*) Cross/sweep R over L, Cross/sweep L over R
 3&4 Step R back, Step L beside R, Step R fwd
 5&6 Pivot turn 90° left (*wt L*), Cross/step R over L, Step L to left side (9:00)
 &7 Hinge turn 180° right stepping R to right side, Cross/step L over R (3:00)
 8 Turn 90° left stepping back on R as you turn a further 180° left with L lifted off the floor (6:00)

40 **Restart Dance in New Direction**

TAG: *At the end of WALL 2, facing 12:00, do the following 4 counts:*
 1,2&3,4& *Rock/step on L to left side, Replace wt to R, Step on L beside R, Rock/step R to right side, Replace wt to L, Step on R beside L – start dance from the beginning*

TO END DANCE: *You will be on Wall 7 which commences on the front wall – Dance to Count 16 and then: Step L fwd as you drag R to beside L*

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