

Long Walk

Level: Beginners

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Wait 8 Beats Sequence: A-B-C-D-A-B-C-D-1/2A-C*-D

Part A

Triple Loop DS DS(xif) DS Loop(xib) S
L R L R R

Rocking Chair DS BrUp DS RS
(turn ¼ L) L R R LR

REPEAT 3 MORE TIMES, ONCE TO EACH WALL

Part B

Vine 4 DS DS(xif) DS DS(xib)
L R L R

Push-off Left DS RS RS RS
L RL RL RL

REPEAT ALL ON THE OPPOSITE FEET IN THE OPPOSITE DIRECTION

Part C

Heel Steps DS Heel S Heel S Heel S
(move fwd) L R R L L R R

Jazz Box Toe H Toe(xif) H Toe(ib) H Toe(ots) H
(in place) L L R R L L R R

Karate Kick DS Kick (turn 1/2L) DS BrUp
(turn ½ L) L R R L

Fancy Double DS DS RS RS
L R LR LR

REPEAT ALL TO FACE FRONT

Part D

Rooster Run DS DS(xif) RS(ots) RS(xib)
(move L) L R LR LR

Triple DS DS(xif) DS RS
(move L) L R L RL

REPEAT ALL ON THE OPPOSITE FEET IN THE OPPOSITE DIRECTION

Part A

Triple Loop

Rocking Chair (turn ¼ L)

REPEAT 3 MORE TIMES, ONCE TO EACH WALL

Part B

Vine 4

Push-off Left

REPEAT ALL ON THE OPPOSITE FEET IN THE OPPOSITE DIRECTION

Part C

Heel Steps (move fwd)

Jazz Box (in place)

Karate Kick (turn ½ L)

Fancy Double

REPEAT ALL TO FACE FRONT

Part D

Rooster Run (move L)

Triple (move L)

REPEAT ALL ON THE OPPOSITE FEET IN THE OPPOSITE DIRECTION

Long Walk

½ Part A

Triple Loop DS DS(xif) DS Loop(xib) S
 L R L R R

Rocking Chair DS BrUp DS RS
(turn 1/2 L) L R R LR

REPEAT ALL TO FACE FRONT

Part C*

Heel Steps (move fwd)

Jazz Box (in place)

Karate Kick (turn ½ L)

Fancy Double

REPEAT ALL TO FACE FRONT

Fancy Double

Part D

Rooster Run (move L)

Triple (move L)

REPEAT ALL ON THE OPPOSITE FEET IN THE OPPOSITE DIRECTION