

# SLOW LONG

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**Count:** 32

**Wall:** 2

**Level:** intermediate

**Choreographer:** Harold Grimshaw

**Music:** Slow Goodbye by Verlon Thompson

## CROSS ROCK, CHASSE $\frac{1}{4}$ LEFT, STEP/PIVOT $\frac{3}{4}$ LEFT, SIDE, DRAG

- 1-2 Cross-step left over right, rock weight back onto right
- 3&4 Step left to left side, step right next to left, step left  $\frac{1}{4}$  left
- 5-6 Step forward on right, pivot  $\frac{3}{4}$  left (weight on left)
- 7-8 Step right to right side (long step), drag left toes next to right

## SIDE, DRAG, BACK/CROSS, BACK $\frac{1}{4}$ LEFT, BACK, FORWARD $\frac{1}{2}$ RIGHT, FORWARD ROCK

- 1-2 Step left to left side (long step), drag right toes next to left
- &3-4 Quick step back on right, cross-step left over right, (turning  $\frac{1}{4}$  left) step back on right
- 5-6 Step back on left, (turning  $\frac{1}{2}$  right) step forward on right
- 7-8 Step forward on left, rock weight back onto right

## BACK SHUFFLE, MONTEREY $\frac{1}{4}$ RIGHT/WEAVE

- 1&2 Shuffle back (left, right, left)
- 3-4 Touch right toes to right side, (turning  $\frac{1}{4}$  right) step right next to left
- 5-6 Cross-step left over right, step right to right side
- 7-8 Step left behind right, step right to right side

## CROSS ROCK, CHASSE $\frac{1}{4}$ LEFT, STEP/PIVOT $\frac{3}{4}$ LEFT, LONG STEP RIGHT, HOLD

- 1-2 Cross-step left over right, rock weight back onto right
- 3&4 Step left to left side, step right next to left, step left  $\frac{1}{4}$  left
- 5-6 Step forward on right, pivot  $\frac{3}{4}$  left (weight on left)
- 7-8 Step right to right side (long step), hold

## REPEAT