

So Long Sweet Honey - ABBA

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Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Adrian Helliker (Nuline) France & Annemaree Sleeth , Australia (April 2015)

Music: So Long - Abba [3.06 - iTunes]

Intro: 40 Counts Into Track Approx 16 Seconds Into Track Bpm 160 approx

Sec 1: Stomp Forward, Heel Taps, Rocking Chair

- 1 Stomp R forward, (Add Arms To Sides As You Stretch Out)
- 2-3-4 Tap R heel, X 3 (Wgt R),
- 5-6 Step L forward, recover R,
- 7-8 Step L back, recover R,

Sec 2: Step Scuff, Step Scuff, Forward Mambo, Touch

- 1-2 Step L forward, scuff R forward (click fingers on scuffs)
- 3-4 Step R forward, scuff L forward
- 5-6 Step L forward, recover R
- 7-8 Step L Back, touch R together

Sec 3: Vine Right, Touch, Vine Left, Touch

- 1-2 Step R side, cross L behind R
- 3-4 Step R side, touch L together
- 5-6 Step L side, cross R behind L
- 7-8 Step L side, touch R together

Sec 4: Heel Together, ¼ R Monterey

- 1-2 Tap R heel forward, step R together
- 3-4 Tap L heel Forward, step L together
- 5-6 Touch R Side, turn 1/4 R ball Of L foot Step R together
- 7-8 Touch L Side, Step L together

No Tags No Restarts - Repeat and Have Fun

Note :for the new dancer, we have chosen to dance through any Restarts

