

# Long Time Gone

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**Count:** 64      **Wall:** 4      **Level:** Improver

**Choreographer:** Pat Stott (UK) Aug 2013

**Music:** 'Long Time Gone' by Nathan Carter

## (21 secs intro - Start on vocals)

**Restart/Tag: There is one Restart during Wall 2 and a short Tag after Wall 4**

### Section 1: Side Strut, Back Rock (x 2)

- 1 - 2      Step right toe to right side. Drop right heel taking weight.
- 3 - 4      Rock left back on slight left diagonal. Recover onto right squaring up to wall.
- 5 - 6      Step left toe to left side. Drop left heel taking weight.
- 7 - 8      Rock right back on slight right diagonal. Recover onto left squaring up to wall.

**Styling Let arms naturally swing back on the back rock.**

### Section 2: Grapevine 1/2 Turn With Hitch, Grapevine With Hitch

- 1 - 2      Step right to side. Turn 1/4 right stepping left behind right.
- 3 - 4      Turn 1/4 right stepping right to side. Hitch left.
- 5 - 7      Step left to side. Cross right behind left. Step left to side. (6:00)
- 8      Hitch right, angling body to left diagonal.

### Section 3: Cross Rock, Step, Hitch (x 2)

- 1 - 3      To left diagonal, cross rock right over left. Recover onto left. Step right forward.
- 4      Hitch left, turning towards right diagonal.
- 5 - 7      To right diagonal, cross rock left over right. Recover onto right. Step left forward.
- 8      Hitch right, squaring up to wall. (6:00)

### Section 4: Step, 1/4, Step, 1/2, Run x 4

- 1 - 2      Step down on right. Hitch left turning 1/4 left.
- 3 - 4      Step down on left. Hitch right turning 1/2 left. (9:00)
- 5 - 8      Run forward - right, left, right, left (slightly bending knees then coming up again).

### Section 5: Forward Rock, Side Rock, Back Rock, Step, Hold

**1 - 4** Rock right forward. Recover onto left. Rock right to right side. Recover onto left.

**5 - 8** Rock right back. Recover onto left. Step right forward. Hold.

### **Section 6: Step, Pivot 1/2, Step, Hold (x 2)**

**1 - 4** Step left forward. Pivot 1/2 turn right. Step left forward. Hold and clap.

**5 - 8** Step right forward. Pivot 1/2 turn left. Step right forward. Hold and clap.

### **Section 7: Rumba Box With Hitch**

**1 - 4** Step left to left side. Step right beside left. Step left forward. Hold.

**5 - 8** Step right to right side. Step left beside right. Step right back. Hitch left.

### **Section 8: Coaster Step, Hold, Rocking Chair**

**1 - 4** Step left back. Step right beside left. Step left forward. Hold.

**\*\* Restart: Wall 2: Start the dance again (facing 6:00).**

**5 - 8** Rock right forward. Recover onto left. Rock right back. Recover onto left.

### **Tag: End of Wall 4: Rocking Chair**

**1 - 4** Rock right forward. Recover onto left. Rock right back. Recover onto left.

**Ending Following right toe strut, step left to side, arms out, and pose.**

**Note Dance goes in and out of phrasing after Wall 5 but just dance through.**

**Also hitches can be danced with a little hop on supporting foot, Cajun skip style!**