

# Long Distance Love



**Count:** 64      **Wall:** 4      **Level:** Intermediate  
**Choreographer:** Dee Musk (UK) Feb 2013  
**Music:** 'Long Distance' by Melanie Amaro. [Single – iTunes]

**Huge Thanks for the music from my friends Mike & Brenda.**

**32 Count Intro – Approx 16 seconds - Track approx 3 mins 50 secs BPM 120**

**Side Touch, Kick Ball Cross, Side Behind, Kick Ball Cross.**

1,2      Step R to R side, touch L beside R.  
 3&4      Kick L to L diagonal, step L beside R, cross R over L.  
 5,6      Step L to L side, cross step R behind L.  
 7&8      Kick L to L diagonal, step L beside R, cross R over L. (12 o'clock).

**Side Rock, Cross ¼ Turn L, Chasse ¼ Turn L, Cross Rock.**

1,2      Rock L to L side, recover weight to R.  
 3,4      Cross L over R, make a ¼ turn L stepping back on R.  
 5&6      Make a ¼ turn L stepping L to L side, close R beside L, step L to L side.  
 7,8      Cross rock R over L, recover weight to L. (6 o'clock).

**Side Rock, Sailor Heel, Ball Cross Hold, Side Behind ¼ Turn R.**

1,2      Rock R to R side, recover weight to L.  
 3&4      Cross R behind L, step L to L side, touch R heel to R diagonal.  
 &5,6      Step R beside L, cross L over R, hold count 6.  
 &7,8      Step R to R side, cross L behind R, make a ¼ turn R stepping forward on R. (9 o'clock).

**Step ½ Turn R, Step Reverse ½ Turn L, ¼ Turn L, Hold, Ball Side Touch.**

1,2      Step forward on L, make a ½ turn R.  
 3,4      Step forward on L, make a reverse ½ turn L stepping back on R.  
 5,6      Make a ¼ turn L stepping L to L side, hold count 6.  
 &7,8      Step R beside L, step L to L side, touch R beside L. (6 o'clock).

**¼ Turn R, Touch, Full Walkaround Turn L, Behind Side Cross.**

1,2      Make a ¼ turn R stepping forward on R, touch L beside R.  
 3-6      Walk around a full turn L stepping L, R, L, step R to R side.  
 7&8      Cross step L behind R, step R to R side, cross L over R. (9 o'clock).

**Side Rock, Behind ¼ Turn Step, Rock Recover, Step Back, Reverse ½ Turn R.**

1,2      Rock R to R side, recover weight to L.  
 3&4      Cross step R behind L, make a ¼ turn L stepping forward on L, step forward on R.  
 5,6      Rock forward on L, recover weight to R.  
 7,8      Step back on L, make a reverse ½ turn R stepping forward on R. (12 o'clock).

**Step ¼ Turn R, Cross Shuffle, Side Rock, Sailor Step.**

1,2      Step forward on L, make a ¼ turn R.  
 3&4      Cross step L over R, step R to R side, cross step L over R.  
 5,6      Rock R to R side, recover weight to L.  
 7&8      Cross step R behind L, step L to L side, step R to R side. (3 o'clock).

**Behind ¼ Turn R, Step ¾ Turn R, Chasse L, Back Rock.**

1,2      Cross step L behind R, make a ¼ turn R stepping forward on R.  
 3,4      Step forward on L, make a ¾ turn R.  
 5&6      Step L to L side, close R beside L, step L to L side.  
 7,8      Rock back on R, recover weight to L. (3 o'clock).

**Tag End of wall 5 facing 3 o'clock wall dance the following then begin again.**

**R Side Touch, L Side Touch.**

1-4      Step R to R side, touch L beside R, step L to L side, touch R beside L.

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