

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida: WWW.swivelfeet.se

Long Tall Sally

Count: 48 Wall: 4 Level: Improver

Choreographer: Sebastien Bonnier (Modern Linedancing) April 2013

Music: 'Long Tall Sally' by Cagey Strings (iTunes)

(Alt music: High Class Lady by The Lennerockers)

No tags...no restarts...Enjoy!



Actual footwork

Section 1	Stomp & Bounce R&L X2
1 - 4	Stomp R to R (spreading R hand to R side) & bounce R heel three times
5 - 8	Stomp L to L (spreading L hand to L side) & bounce L heel three times

Section 2	Walk X2, Run X4
1 - 4	Step R fwd, Hold, Step L, Hold
5 - 8	Walk fwd R-L-R-L (with knees flexed)

Section 3	Rock-Recover, Toe-Heel Struts Back X3
1 - 2	Rock-step R fwd, Recover on L
3 - 6	Step R toe back, Step R heel to floor, Step L toe back, Step L heel to floor
7 - 8	Step R Toe back, Step R heel to floor

Section 4	Rock-Recover X3, Step, Touch
1 - 2	Rock-step L back, Recover on R
3 - 4	Rock-step to L side, Recover on R
5 - 6	Cross-rock L over R, Recover on R
7 - 8	Step L to L side, Touch R beside L

Section 5	Toe-Heel Jazz Box With 1/4 Turn R
1 - 2	Cross-step R to over L, Step R heel to floor starting 1/4 turn R
3 - 4	Step L toe back, Step L heel to floor completing 1/4 turn R
5 - 6	Step R toe to R side, Step R heel to floor
7 - 8	Step L toe beside R, Step L heel to floor

Section 6	Heel-Toe Swivels Plus Claps X2
1 - 2	Swivel both heels to R, Swivel toes to R
3 - 4	Swivel heels to R, Clap
5 - 6	Swivel heels to L side, Swivel toes to L
7 - 8	Swivel heels to L, Clap

Submitted by - Johnny Sheehan: johnny.s@modernlinedancing.co.uk