

Long Time Gone

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!**