



Long Pride

Choreograph: Adriano Castagnoli

32 count, 4 wall - beginner

Music: Neal McCoy –It`s Gonna Take A Little Bit Longer

Sect: 1 Right side, stomp up, left side, scuff, jazz box R, stomp up

- 1-2 Step right to right side, stomp up left beside right
- 3-4 Step left to left side, scuff right beside left
- 5-6 Cross right over left, step back left
- 7-8 Step right to right side, stomp up left beside right

Sect: 2 Kick fwd, stomp up, kick side, stomp up, heel switches & flick back

- 1-2 Kick left fwd, stomp up left beside right
- 3-4 Kick left to left side, stomp up left beside right
- 5-6 Touch left heel fwd, step left beside right
- 7-8 Touch right heel fwd, flick up back right

Sect: 3 Vine right, point left, turn ¼ left & heel strut left, stomp twice

- 1-2 Step right to right, cross left behind right
- 3-4 Step right to right, point left to left side
- 5-6 Turn ¼ left & touch left heel fwd, drop left taking weight
- 7-8 Stomp up right beside left, stomp right fwd

Sect: 4 Swivels, rock back right, pivot ½ turn twice

- 1-2 Swivel both heels to right side, return both heels to center
- 3-4 Rock back on right, return on left
- 5-6 Step right fwd, pivot ½ turn left
- 7-8 Step right fwd, pivot ½ turn left

Repeat
