

April 2006

Long Hard Road

Basic

88 BPM

3:20

Artist: Nitty Gritty Dirt Band
Music: CD "Greatest Country Hits Of The 80's - Vol. 2" (9362456682)
Choreo: Daphne Dahl (daphne.dahl@googlemail.com)

Sequence: **A A B C A A B* C C**

wait 8 beats

Part A:

2 Basic DS RS
L & R L RL
&1 &2

Push Turn DS RS RS RS full turn L
L RL RL RL
&1 &2 &3 &4

Repeat all above (opposite footwork & direction)

2 Triple Brush DS DS DS BR UP/H move fwd
L & R L R L R R L
&1 &2 &3 & 4

2 Push Back DS RS RS RS move back
L & R L RL RL RL
&1 &2 &3 &4

Part B:

Vine 8 DS DS(xif) DS DS(xib) DS DS(xif) DS RS
L R L R L R L RL
&1 &2 &3 &4 &5 &6 &7 &8

4 Basic DS RS turn 1/4 R on each
R/L/R/L R LR
&1 &2

Repeat all above (opposite footwork & direction) and add:

Rocking Chair DS BR UP/H DS RS
L R R L R LR
&1 & 2 &3 &4

2 Basic DS RS
L & R L RL
&1 &2

Part C:

Push Off DS RS RS RS
L RL RL RL
&1 &2 &3 &4

2 Basic Brush DS BR UP/H
L R R L
&1 & 2

Repeat all above (opposite footwork & direction)

Part B*:

Dance Part B as written, but repeat Rocking Chair & 2 Basics.
