

# Long Pride

**Count:** 32    **Wall:** 4    **Level:** Beginner

**Choreographer:** Adriano Castagnoli (Feb 2015)

**Music:** Neal McCoy - It's Gonna Take A Little Bit Longer

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## **RIGHT SIDE, STOMP UP, LEFT SIDE, SCUFF, JAZZ BOX RIGHT, 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 Left Back
- 7-8            Step Right To Right Side, Stomp Up Left Beside Right

## **KICK FORWARD, STOMP UP, KICK SIDE, STOMP UP, HEEL SWITCHES (LEAD LEFT) AND FLICK UP BACK**

- 1-2            Kick Left Forward, Stomp Up Left Beside Right
- 3-4            Kick Left To Left Side, Stomp Up Left Beside Right
- 5-6            Touch Left Heel Forward, Step Left Beside Right
- 7-8            Touch Right Heel Forward, Flick Up Back Right

## **GRAPEVINE RIGHT, POINT LEFT, TURN 1/4 LEFT AND HEEL STRUT LEFT, STOMP (TWICE)**

- 1-2            Step Right To Right Side, Cross Left Behind Right
- 3-4            Step Right To Right Side, Point Left To Left Side
- 5-6            Turn 1/4 Left And Touch Left Heel Forward, Drop Left To Taking Weight
- 7-8            Stomp Up Right Beside Left, Stomp Right Forward

## **HEELS FAN, ROCK BACK RIGHT, PIVOT 1/2 LEFT (TWICE)**

- 1-2            Swivel Both Heels To Right Side, Return Both Heels To Centre
- 3-4            Rock Back On Right, Return On Left
- 5-6            Step Right Forward, Pivot 1/2 Turn Left
- 7-8            Repeat 5-6

**REPEAT**