

# Long Pride

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Beginner

Adriano Castagnoli (Feb 2015)

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

## **RIGHT SIDE, STOMP UP, LEFT SIDE, SCUFF, JAZZ BOX RIGHT, STOMP UP**

1-2Step Right To Right Side, Stomp Up Left Beside Right

3-4Step Left To Left Side, Scuff Right Beside Left

5-6Cross Right Over Left, Step Left Back

7-8Step 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**

1-2Kick Left Forward, Stomp Up Left Beside Right

3-4Kick Left To Left Side, Stomp Up Left Beside Right

5-6Touch Left Heel Forward, Step Left Beside Right

7-8Touch Right Heel Forward, Flick Up Back Right

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

1-2Step Right To Right Side, Cross Left Behind Right

3-4Step Right To Right Side, Point Left To Left Side

5-6Turn 1/4 Left And Touch Left Heel Forward, Drop Left To Taking Weight

7-8Stomp Up Right Beside Left, Stomp Right Forward

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

1-2Swivel Both Heels To Right Side, Return Both Heels To Centre

3-4Rock Back On Right, Return On Left

5-6Step Right Forward, Pivot 1/2 Turn Left

7-8Repeat 5-6