

# Long Pride

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

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

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

**S:1 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

**S:2 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

**S:3 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

**S:4 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**