

A Long Time Forgotten

Choreographer : JoJo Team (Joke Mozes & John Warnars)
Translation : Stafke Peeters
Wall : 2 wall linedance
Level : Novice
Count : 64
Intro : 8 counts **No Tags-No Restarts**
Music : "A Good Hearted Woman" by Country Roads (Radio Version)



www.country-stafke.be

S 1/ Heel Tap 2X Fwd, Shuffle Back, Toe Tap 2X Back, Shuffle Fwd;

1-2 (1) RF tap heel fwd (2) RF tap heel fwd
3-&-4 (3) RF step back (&) LF step next RF (4) RF step back
5-6 (5) LF touch toe back (6) LF touch toe back
7-&-8 (7) LF step fwd (&) RF step next to LF (8) LF step fwd

S 2/ 1/2 Turn L Step Back, 1/4 Turn L Step Side, 1/2 Pivot Turn R, Kick Fwd, Out Out;

1-2 (1) RF 1/2 turn left, step back (2) LF 1/4 turn left, step aside [3:00]
3-&-4 (3) RF step fwd (&) LF step next RF (4) RF step fwd
5-6 (5) LF step fwd (6) LF+RF 1/2 turn right [9:00]
7-&-8 (7) LF kick fwd (&) LF step aside (out) (8) RF step aside (out)

S 3/ Heel Toe Swivel, Lock Step Back, Coaster Step;

1-&-2 (1) LF+RF turn heels left (&) LF+RF turn toes left (2) LF+RF turn heels left
3-&-4 (3) RF+LF turn heels right (&) RF+LF turn toes right (4) RF+LF turn heels right
5-&-6 (5) LF step back (&) RF step lock cross over LF (6) LF step back
7-&-8 (7) RF step back (&) LF step next to RF (8) RF step fwd

S 4/ Run Fwd, Extended Lock step Back, 1/2 Turning Triple Step Right On Place;

1-2 (1) LF step fwd (2) RF step fwd
3-&-4 (3) LF step back (&) RF step lock cross over LF (4) LF step back
&-5-&-6 (&) RF step lock cross over LF (5) LF step back (&) RF step lock cross over LF (6) LF step back
7-&-8 (7-&-8) R/L/R 1/2 turn right (triple step on place) [3:00]

S 5/ Side Step, Touch, Kick Ball Cross, 1/4 Modified Monterey Turn, Into Cross Shuffle;

1-2 (1) LF step aside (2) RF tap toe next LF
3-&-4 (3) RF kick fwd (&) RF step on ball foot (4) LF step cross over RF
5-6 (5) RF tap toe aside (6) LF 1/4 turn right RF step next to LF (monterey) [6:00]
7-&-8 (7) LF step cross over RF (&) RF step aside (8) LF step cross over RF

S 6/ Side Rock Cross, Side Rock Cross, Shuffle 1/4 Turn Right, Sync. Pivot 1/2 Turn Right;

1-&-2 (1) RF rock aside (&) LF weight back (2) RF step cross over LF
3-&-4 (3) LF rock aside (&) RF weight back (4) LF step cross over RF
5-&-6 (5) RF step aside (&) LF step next to RF (6) RF 1/4 turn right, step fwd [9:00]
7-&-8 (7) LF step fwd (&) LF+RF 1/2 pivot turn right (8) LF step fwd [3:00]

S 7/ Rock Fwd, Recover, Coaster Step, Military 1/4 Turn, Shuffle Fwd;

1-2 (1) RF rock step fwd (2) LF weight back
3-&-4 (3) RF step back (&) LF step next to RF (4) RF step fwd
5-6 (5) LF step fwd (6) LF+RF 1/4 turn right [6:00]
7-&-8 (7) LF step fwd (&) RF step next to LF (8) LF step fwd

S 8/ Point Fwd, Side, Sailor Step, Heel & Toe Switch, Together;

1-2 (1) RF touch toe fwd (2) RF touch toe beside
3-&-4 (3) RF step cross behind LF (&) LF step aside (4) RF step aside
5-&-6 (5) LF touch heel fwd (&) LF step next to RF (6) RF touch toe back
&-7-&-8 (&) RF step next to LF (7) LF touch heel fwd (&) LF step next to RV (8) RF touch toe next to LF

Start Again

