

# Long Stretch

**Count:** 32    **Wall:** 2    **Level:** Improver

**Choreographer:** Melanie Cheever and Bill McGee [4/2015]

**Music:** Long Stretch of Love by Lady Antebellum

---

**#16 count intro:**

**OR: Happy feat. Derek Martin by C2C - 32 count intro:**

**Moving towards 3:00**

**[1-8] Shuffle R,L,R turning ¼ L, Shuffle L,R,L turning ½ L, Shuffle R,L,R turning ¼ L. Behind and Cross**

1&2            Shuffle R-L-R to right with 1/4 turn left (facing 9:00)  
3&4            Shuffle L-R-L continuing toward 3:00 with 1/2 turn left (facing 3:00)  
5&6            Shuffle R-L-R continuing toward 3:00 with 1/4 turn left (facing 12:00)  
7&8            Step L behind R, Step R on R, Cross L over R

**[9-16] Stomp R to R, Hold, And, Cross, And, Behind, Big step, Drag, 1/4 sailor step**

1-2            Step R on R, Hold  
&3&4          Step L next to R, Cross R over L, Step L on L, Cross R behind L  
5-6            Big step L on L, Drag R toward L (weight on L)  
7&8            Step Back on R, Step L next to R starting 1/4 turn R, Step R on R finishing 1/4 turn R  
(facing 3:00)

**[17-24] Scuff, Hook, Scuff, Hitch, Shuffle back x2**

1&2&          Scuff L next to R, Hook L over R shin, Scuff L, Hitch  
3&4            Shuffle back L,R,L  
5&6&          Scuff R next to L, Hook R over L shin, Scuff R, Hitch R,  
7&8            Shuffle back R,L,R

**[25-32] Rock, And, Rock, And, Rock. And, Shuffle fwd, Step, Step, Turn, Cross**

1&2&          Rock back on L, Recover on R, Rock fwd on L, Recover on R  
3&4&5          Rock back on L, Recover on R, Shuffle fwd L,R,L  
6              Step fwd on R  
7&8            Step fwd on L, Turn 1/4 turn R on R, Cross L over R (facing 6:00)

**Contact - [bill\\_mcgee1@bellsouth.net](mailto:bill_mcgee1@bellsouth.net)**

**Last Update - 7th May 2015**