

HOME

CD: "Long List of Heartaches" by The Grascals

Easy + (but very fast)

CHOREO: Kelli McChesney

Bluegrass Music

INTRO: Start after the long fiddle note/Start with left foot

Time: 2:14

Sequence: Wait one long fiddle note, A, B, A, C, A, B, A, C, A, B, A, C, Ending

Part A: (19 Beats)

- 1 Modified Moonshine - DS DBL(X) DBL (O) DBL (UP) DS DBL (X) DBL (O) RS
L R R R R L L LR
- 1 Triple- DS DS DS RS (move forward)
L R L RL
- 1 Windmill- TCH-Lift* TCH-Lift* DS RS *Circle foot Clockwise behind
R R R R R LR Left foot
- 1 Double Basic DS DS DS RS (move back)
L R LR

Part B: (32 Beats)

- 1 Simone- DBL (B) BR (UP) TCH (IF) TCH (IF)
L L L L
TCH (O) TCH (IF) DS RS
L L L RL
- 1 Rocking Chair- DS BR (UP) DS RS (turn ½ right)
R L L RL
- 1 Triple DS DS DS RS
R L R LR

***REPEAT ABOVE 16 BEATS TO FACE FRONT**

PART C: (32 Beats)

- 1 Fancy Run- DS DS (IF) RS (IB) RS (IF) (move left)
L R LR LR
- 1 Stamp Turn- DS STAMP (UP) STAMP (UP) STAMP (UP)
L R R R
- 2 Kicks- DS BR(UP) DS BR (UP)
R L L R
- 1 Triple- (turn ¾ right)

***REPEAT ABOVE 16 BEATS TO FACE FRONT**

ENDING: (32 Beats)

- 2 Fontanas- DS DBL (XIF) DBL (X) RS DS DBL (XIF) DBL (X) RS
L R R RL R L L LR
- 1 Samantha- DS DS(XIF) DR S DR S RS DS DS RS (turning all the way around)
L R R L L R LR L R LR
- 1 Triple Kick- DS DS DS BR(UP) (moving forward)
L R L R
- 1 Triple- DS DS DS RS
R L R LR
- 1 Run Back- DS RS RS BA-SL (moving back)
L RL RL R-R
- 1 Fancy Double- DS DS RS RS
L R LR LR