

# Long Hard Ride

## *Slow Waltz*

Larringes (74) France February 2008

Ste-Thérèse QC Canada August 2008

Miramas (13) France November 2008

Choreographer : Danny Leclerc (514) 945-4439  
[encns2003@yahoo.ca](mailto:encns2003@yahoo.ca) <http://www.cowboynationalschool.net>

Music: Long Hard Ride / Joni Harms

Départ : 12 temps après pré-intro

Level: Intermediate 4  
2-wall line dance

### **Continuous Turning Box**

1	Fw pivoting ¼ L	L
2	Side step	R
3	Bwd	L
4	Bwd pivoting ¼ L	R
5	Side Step	L
6	Fw	R

### **Step, Side Rock, Pivot**

1	Fw	L
2-3	Side Rock	RL
4	Fw pivoting ½ R	R
5-6	Side Rock	LR

### **Renverse, Military, Rondé**

1	Fw	L
2	Side Step pivoting 1/8 L	R
3	Step in place	L
4	Fw on LOD (1/8L body turn less)	R
5	Step in place pivoting ½ R	L
6	Step together	R
7	Fw	L
8-9	Military pivot (½ L)	RL
10	Fw pivoting ¾ R	R
11-12	Side Rondé	L

### **Pivot / Half-Box**

1-3	Fw / Side step pivoting ¼ L / Step in place	LRL
4-5	Fw pivoting ½ L on 5 (head isolated)	R
6	Turn your head	
7	Fw pivoting ¼ L	L
8-9	Side step / Bwd	RL
10-12	Bwd / Side step / Fw	RLR

### **Fancy Pronemade**

1-3	Fw / Side step pivoting ¼ L / Step in place	LRL
4-6	Fw / Side step pivoting ½ R / Step in place	RLR
7-9	Fw / Side step pivoting ½ L / Step in place	LRL
10	Fw pivoting ¼ R	R
11-12	Side Step / Fw	LR

**Have Fun,**

**Danny from Quebec!**