



Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

Long Tall Sally

Choreographed by Sebastien Bonnier

Description: 48 count, 4 wall, beginner/intermediate line dance

Music: Long Tall Sally by Cagey Strings

High Class Lady by The Lennerockers [160 bpm / CD: Wild! Wild! Wild!]

Start dancing on lyrics

STOMP & BOUNCE RIGHT & LEFT TWICE

- 1-4 Stomp right side (spread right hand to right side), bounce right heel 3 times
5-8 Stomp left side (spread left hand to left side), bounce left heel 3 times

WALK TWICE, RUN X4

- 1-4 Step right forward, hold, step left forward, hold
5-8 Step right forward, step left forward, step right forward, step left forward (with knees flexed)

ROCK-RECOVER, TOE-HEEL STRUTS BACK X3

- 1-2 Rock right forward, recover to left
3-6 Step right toe back, lower right heel, step left toe back, lower left heel
7-8 Step right toe back, lower right heel

ROCK-RECOVER X3, STEP, TOUCH

- 1-2 Rock left back, recover to right
3-4 Rock left side, recover to right
5-6 Cross/rock left over, recover to right
7-8 Step left side, touch right together

TOE-HEEL JAZZ BOX WITH TURN ¼ RIGHT

- 1-2 Cross right toe over, turn ¼ right and lower right heel
3-4 Step left toe back, turn ¼ right and lower left heel
5-6 Step right toe side, lower right heel
7-8 Step left toe together, lower left heel

HEEL-TOE SWIVELS PLUS CLAPS TWICE

- 1-2 Swivel heels right, swivel toes right
3-4 Swivel heels right, clap
5-6 Swivel heels left, swivel toes left
7-8 Swivel heels left, clap

REPEAT