Long Gone
IMPROVER
64 Count 4 Walls
Choreographed by: Francien Sittrop Choreographed to: Lone Gone by Lady Antebellum

| 1-8 | Rock, Recover, Walks Back, Rock Recover, Kick Ball Step |
| :---: | :---: |
| 1-2 | Rock R fwd, Recover on L (12.00) |
| 3-4 | Walk back R, L |
| 5-6 | Rock R back, Recover on L, |
| 7 \& 8 | Kick R fwd, Step R down, Step L across R |
| 9-16 | Side Rock, Recover, Cross Shuffle, Back, $1 / 4$ Turn R, Step Fwd, Touch |
| 1-2 | Rock R to R side, Recover on L |
| 3 \& 4 | Step $R$ across L, Step L to L side, Step R across L |
| 5-6 | Step L back, 1/4 Turn R step R to R side (03.00) |
| 7-8 | Step L fwd, Touch R to R side |
| 17-24 | Step Fwd,Touch Fwd, Step Back, Touch Fwd, Walk Backx2, Coaster Step |
| 1-2 | Step R fwd, Touch L fwd |
| 3-4 | Step L back, Touch R fwd |
| 5-6 | Walk Back R, L |
| 7 \& 8 | Step R back, Step L next to R, Step R fwd |
| 25-32 | Step Fwd, Picot 1/2 Turn R, Shuffle Fwd, Step Fwd, Picot 3/4 Turn L, Kick Ball Cross |
| 1-2 | Step L fwd, Pivot 1/2 Turn R (09.00) |
| 3 \& 4 | Step L fwd, Step R next to L, Step L fwd |
| 5-6 | Step R fwd, Pivot 3/4 Turn L (12.00) |
| 7 \& 8 | Kick R fwd, Step R down, Step L across R |
| 33-40 | Side, Together, Chasse (Diag. R), Cross Rock, Sailor 1/2 Turn L |
| 1-2 | Step $R$ to $R$ side, Step $L$ next to $R$ |
| 3 \& 4 | Step R to R side, Step L next to R, Step R to R side |
| 5-6 | Rock L across R, Recover on L |
| 7 \& 8 | Sweep L behind R with 1/2 Turn L, Step R to R side, Step L across R (06.00) |
| 41-48 | Side Rock, Recover, Behind, Side, Cross, Side, Drag, Ball Cross Side |
| 1-2 | Rock R to R side, Recover on L |
| 3 \& 4 | Step R behind L, Step L to L side, Step R across L |
| 5-6 | Step L to L side, Drag R |
| \& 7-8 | Step R next to L, Step L across R, Step R to R side |
| 49-56 | Behind, Side, Cross, 1/4 Turn R Shuffle Fwd, Step 1/2 Turn R, Step Fwd, Scuff |
| 1 \& 2 | Step $L$ behind $R$, step $R$ to $R$ side, Step $L$ across $R$ |
| 3 \& 4 | 1/4 R and Step R fwd, Step L next to R , Step R fwd (09.00) |
| 5-6 | Step L fwd, Pivot 1/2 Turn R (03.00) |
| 7-8 | Step L fwd, Scuff R fwd |
| 57-64 | Heel Touches Fwd, Heel Hook, Rocking Chair |
| 1 \& 2 \& | Touch R heel fwd, Step R next to L, Touch L heel fwd, Step L next to R |
| 3-4 | Touch R heel fwd, Hook R across L |
| 5-6 | Rock R fwd, Recover on L |
| 7-8 | Rock R back, Recover on L |
| Restarts | During wall 1 \& 3 After count 56. Start again with count 1 |
|  | During wall 5 After count 16. Start again with count 1 |

