

# The Long Way Home

---

Count: 32

Wall: 4

Level: Beginner / Improver

Choreographer: Mike Stringer (UK) - May 2014

Music: The Long Way Home - Derek Ryan

---

## 16 Count Intro (begin on vocals)

### #1: SIDE SHUFFLE, BACK ROCK, HIP ROLL X2

1&2 Step right to side, close left next to right, step right to side  
3-4 Rock left back, recover onto right  
5-8 Roll hips full circle twice anticlockwise

(Easy option: hip bumps left, right, left, right)

### #2: SIDE SHUFFLE, BACK ROCK, HIP ROLL X2

1&2 Step left to side, close right next to left, step left to side  
3-4 Rock right back, recover onto left  
5-8 Roll hips full circle twice clockwise

(Easy option: hip bumps right, left, right, left)

### #3: FORWARD SHUFFLE, FORWARD ROCK, BACK SHUFFLE, BACK ROCK

1&2 Step right forward, close left next to right, step right forward  
3-4 Rock forward on left, recover onto right  
5&6 Step left back, close right next to left, step left back  
7-8 rock back on right, recover onto left

### #4: 1/8 TURN (HOOLA HOOP) X2, HEEL, TOE, HEEL, TOGETHER

1-2 Step right forward turning 1/8 turn left rolling hips (left to right, hoola hoop style)  
3-4 Step right forward turning 1/8 turn left rolling hips (left to right, hoola hop style)  
5-6 Touch right heel forward, touch right toe across left shin  
7-8 Touch right heel forward, step right in place next to left

### TAG: DANCE ONCE AT THE END OF WALL THREE (FACING 3 O'CLOCK)

#### S1: RIGHT VINE, LEFT ROLLING VINE

1-4 Step right to side, step left behind, step right to side, touch left next to right  
5-8 step left forward turning 1/4 left, step back right turning 1/2, step left to side turning 1/4, scuff right  
Across left

(Easy option: replace rolling vine with a left grapevine, scuff)

#### S2: JAZZ BOX, HEEL SWITCH X3, HITCH

1-4 Step right across left, step left back, step right to side, step left in place next to right  
5-8 Touch right heel forward, switch to left heel forward, switch to right heel forward, hitch right Knee

Smile, enjoy and have fun

Contact: [peppermintpolo1@hotmail.co.uk](mailto:peppermintpolo1@hotmail.co.uk)