

LONG ISLAND SLIDE

MUSIC: Good Gets Here by Toby Keith (CD: 35 mph Town). Available at iTunes, Amazon.com.

SEQUENCE: Begin on vocals, after 32 count intro. One restart halfway through 4th repetition.

COUNTS
32/2

LEVEL
BEG



CALL OR TEXT : 609-314-0115 > WRITE : mrshowcase@gmail.com

R HEEL FWD, TOUCH HOME, TOUCH OUT, TOUCH IN, SLIDE RIGHT, L TOUCH

- | | | |
|-----|--------------------|--|
| 1,2 | Heel, home | Tap R heel forward (1), Tap R beside L (2) |
| 3,4 | Out, in | Tap R toe side right (3), Tap R beside L (4) |
| 5,6 | Side, slide | Step R side right (5), Slide L beside R (taking weight) (6) |
| 7,8 | Side, touch | Step R side right (7), Slide L beside R (weight stays R) (8) |

L HEEL FWD, TOUCH HOME, TOUCH OUT, TOUCH IN, SLIDE LEFT, R TOUCH

- | | | |
|-----|--------------------|--|
| 1,2 | Heel, home | Tap L heel forward (1), Tap L beside R (2) |
| 3,4 | Out, in | Tap L toe side right (3), Tap L beside R (4) |
| 5,6 | Side, slide | Step L side left (5), Slide R beside L (taking weight) (6) |
| 7,8 | Side, touch | Step L side right (7), Slide R beside L (weight stays L) (8) |

*Restart here during 4th repetition. You'll be facing 6:00 when this happens.

R HEEL GRIND TURNING 1/4 RIGHT, R ROCK BACK, RECOVER,

R HEEL GRIND TURNING 1/4 RIGHT, R ROCK BACK, RECOVER

- | | | |
|-----|-------------------|---|
| 1,2 | Heel grind | Dig R heel forward turning toe left (1), Grind R heel turning toe and body 1/4 right (<u>3:00</u>) (weight stays L) (2) |
| 3,4 | Back rock | Rock ball of R back (3), Recover L (4) |
| 5,6 | Heel grind | Dig R heel forward turning toe left (5), Grind R heel turning toe and body 1/4 right (<u>6:00</u>) (weight stays L) (6) |
| 7,8 | Back rock | Rock ball of R back (7), Recover L (8) |

DIAGONAL STEP TOUCHES WITH CLAPS, STOMP BACK R-L, HIP THRUST FORWARD X2

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|-----|-----------------------|--|
| 1,2 | Forward, touch | Step R forward diagonally right (1), Tap L beside R/clap (2) |
| 3,4 | Forward, touch | Step L forward diagonally left (3), Tap R beside L/clap (4) |
| 5,6 | Back, back | Stomp R back (5), Stomp L beside R (6) |
| 7,8 | Hip thrust | Move hips back then thrust pelvis forward (7), move hips back then thrust pelvis forward (8) |

For styling, make fists just below chin height and pull them down slightly toward chest twice while thrusting

START AGAIN AND ENJOY!