

SO LONG



CHOREOGRAPHERS: Frank & Carol Valenta, P.O. Box 1076, Fletcher, NC 28732 (828) 654-9708
E-mail: valentafe@mchsi.com

CD True Love – Pat Benatar (1999), Track #3, “So Long”
Legal .mp3 download available from: www.walmart.com/music

RELEASE DATE: May 2009

PHASE/RHYTHM: Un-phased QQS NIGHT CLUB TWO STEP
Considered equivalent to RAL Phase IV+2 (Alternating Head Loop Turns, Alternating Rondés)

DIFFICULTY: Average

SPEED/TEMPO/TIME: As recorded/ 33 MPM in 2/4 time / Shortened to 2:30 (Fade begins at 2:25)

FOOTWORK: Opposite unless indicated, directions given for man, woman’s directions in ().

SEQUENCE: INTRO, A, B, A, B, END

INTRODUCTION

1-4 (wait); ; HLF BASIC; UNDRARM TRN (TAM WALL):

(1-2) DHH WALL wait 2 meas ; (3) XLib of R/rec R, sd L; (4) maintg DHH w/ trailg hnds low XRib of L/rec L, fwd R (*undr jnd ld hnds commencg to trn RF XL ovr R to line of prog trn 1/2 RF, rec fwd R, cont trn to fc prtnr, fwd & sd R*) to TAM w/ trailg hnds jnd bhd W’s back;

5-8 WHL HLF; OPP TRN/LDY WHL HLF (HNDSHK); 2 TRADE PLCS; (DHH WALL):

(5) fwd L commencg RF whl/fwd R, fwd L compltg 1/2 trn; (6) rel trailg hnds sd R/rec L trng 1/2 LF undr jnd ld hnds, sd R (*conting RF whl fwd L/fwd R, fwd L compltg 1/2 trn to fc prtnr*) HNDSHK; (7) XLib of R/ rec R trng 1/2 RF (*1/2 LF*) relg R-R hnds, sd & slightly apt L compltg a chg sds jng L-L hnds; (8) XRib of L/rec L trng 1/2 LF (*1/2 RF*) releasg jnd L-L hnds, sd & slightly apt R compltg a chg sds DBL HND HOLD;

PART A

1-4 LFT TRN (LOD); SD X ENDG; PROG SD X; REV UNDRARM TRN (DHH):

(1) XLib of R/rec R trng 1/4 LF, XLif of R (*XRib of L/rec L trng 1/4 LF, sd & slightly apt R*); (2) sd & slightly bk R trng toe out beging sd sway/XLib of R, sd R compltg sd sway; (3) trng slightly RF to DLW sd & slightly bk L (*bk R*) trng toe out beging sd sway/XRif of L (*XLif of R*), sd L (*sd R*) compltg sd sway releasg trailg hnds LOD; (4) XLib R/rec R, sd L (*undr jnd ld hnds commencg LF trn XR ovr L trng 1/2 LF/rec fwd L contg trn to fc prtnr, sd R*) DBL HND HOLD;

5-8 PROG SD X; REV UNDRARM TRN (DHH); RGT TRN (WALL); INSD ROLL (SCP):

(5-6) repeat Part A meas 3 & 4; ; (7) XLib of R/ rec R trn 1/2 RF, sd & slightly apt L; (8) ldg W to trn undr jnd ld hnds sd & slightly bk R trng toe out & beging sd sway/XLib of R, sd R compltg sd sway (*sd L trng LF undr jnd ld hnds/cont trn sd R, sd L to fc prtnr*) SCP LOD;

So Long - Pg 2

9-12 TRAVELG RIGHT TRN; (CP WALL); 2 CUDDLES; :

(9-10) fwd L/fwd R trng 1/4 RF in frnt of W to CP w/ sd sway, sde L (*fwd R/fwd L, fwd R btwn M's ft w/ sd swy*); XRib trng RF/sd L contg trn compltg 1/2 trn, sd R (*sd L trng RF/XRif of L cont trn, sd L*) CP WALL; (11) Idg W to op out into M's R arm sd L/rec R, cl L (*trng 1/2 RF bk R free arm out to sd/rec L, fwd R plcg hd on M's Left shldr trng 1/2 L to fc ptr*) CP; (12) Idg W to op out into M's L arm sd R/rec L, cl R (*trng 1/2 RF bk L free arm out to sd/rec R, fwd & bk L trng 1/2 LF*) CP WALL;

13-16 FULL BASIC; ; AROUND THE BACK; (DHH LOD):

(13-14) XLib of R/rec R, sd L; XRib of L/rec L, sd R; (15-16) Idg W to op out sd L/rec R, fwd L (*trng 1/4 RF bk R/rec sd L crossg in bk of M to LOP, fwd R trng 1/4 RF*); trng 1/4 LF Idg W ard M's bk sd & slightly bk R trng toe out & beging sd swy/Xlif R, sd R (*sd L trng LF undr ld hnds/cont trng LF sd R, sd L*) compltg sd swy DBL HND HOLD LOD;

PART B

1-4 ALTG HD LOOP TRNS; ; (DHH RLOD):

(1-4) XLib of R commncg RF trn Idg W to trn LF undr jnd L-L hds/contg trn rec R fcg prtnr, bk L (*XRib of L/rec L trng LF undr jnd ld hnds to fc prtnr, bk R*); XRib of L/rec L trng LF undr jnd trailg hnds to fc prtnr, bk R (*XLib of R commncg RF trn/contg trn rec R fcg prtnr, bk L*); XLib of R commncg RF trn Idg W to trn LF undr jnd L-L hds/contg trn rec R fcg prtnr, bk L (*XRib of L/rec L trng LF undr jnd ld hnds to fc prtnr, bk R*); XRib of L/rec L trng LF undr jnd trailg hnds to fc prtnr, bk R (*XLib of R commncg RF trn/contg trn rec R fcg prtnr, bk L*) DBL HND HOLD RLOD;

5-12 LFT TURN (WALL); INSD ROLL (LOP-FCG); ALTG RONDÉS 5; ; ; ; (CP WALL):

(5) XLib of R/rec R trng 1/4 LF, sd & slightly apt L WALL; (6) repeat Part A meas 8 LOP_FCG WALL; (7-12) XLib of R/rec R Idg W to trn undr jnd ld hnds, sd L trng 1/4 to R catchg W in R arm (*XRib of L/rec L commcg 3/4 LF trn undr jnd ld hnds, sd R cont trng*) Rondé R clockwise; XRib of L/cont trn sd L, XRif of L to comp 3/4 RF trn (*sd L trng RF/cont trn XRif of L, sd L w/ R swy Rondé R clkwise*); cont trng RF fwd L/fwd XRif of L, sd L comp 1/2 RF trn w/ R swy Rondé R clkwise (*XRib of L/cont trn sd L, XRif of L*); XRib of L/cont trn sd L, XRif of L to comp 3/4 RF trn (*sd L trng RF/cont trn XRif of L, sd L w/ R swy Rondé R clkwise*); cont trng RF fwd L/fwd XRif of L, sd L comp 1/2 RF trn w/ R swy Rondé R clkwise (*XRib of L/cont trn sd L, XRif of L*); XRib of L/cont trn sd L, cl R to comp 1/2 RF trn CP WALL (*sd L trng RF/cont trn XRif of L, sd R*) CP WALL;

13-16 OPP TRN (COH); SD X ENDG (LOP FCG) ; SHE GO HE GO; (DHH WALL):

(13) Idg W to op out sd L/rec R, fwd L trng 1/2 LF Idg W acr to retrn to CP (*trng 1/4 RF bk R/rec L crossg in frnt of M trng 3/4 LF, sd R*); (14) repeat Part A meas 2 LOP fcg; (15-16) XLib of R/rec R, fwd L trng RF 1/8 to look at W's bk (*XRib of L/rec L, fwd R trng 1/2 LF undr jnd ld hnds*); fwd R trng LF 5/8 trn undr jnd ld hnds/Xlif of R, sd R to fc ptr (*sd L/XRif of L, sd L*) DBL HND HOLD WALL;

So Long - Pg 3

END

1-4 FULL BASIC; ; HLF BASIC; UNDRARM TRN (TAM):

(1-2) repeat Part B meas 13 & 14; ;(3-4) repeat Intro meas 3 & 4; ;

5-8 WHL HLF; OPP TRN/LDY WHL HLF (HS); 2 TRADE PLCS; (CP/WALL):

(5-8) repeat Intro meas 5 thru 8; ; ; (CP WALL);

9-10 SIDE CORTE & HOLD; ;

(9-10) Xlib R/rec R, lun sd L flexing supptg knee and trng to rev SCP R leg extndd w/ toe pntg to flr;
HOLD,-;

Quick Cues

Introduction is from DHH WALL, wait two measures, Half Basic, Underarm Turn to Tamara...

INTRO (wait); ; HLF BASIC; UNDRARM TRN (TAM);
WHL HLF; OPP TRN/LDY WHL HLF (HS); 2 TRADE PLCS; (DHH WALL);

A LFT TRN (LOD); SD X ENDG; PROG SD X; REV UNDRARM TRN;
PROG SD X; REV UNDRARM TRN; RGT TRN (WALL); INSD ROLL (SCP);
TRAV RGT TRN; (CP/WALL); 2 CUDDLES; ;
FULL BASIC; ; AROUND THE BACK; (DHH LOD);

B ALTG HD LOOP TRNS; ; ; (RLOD);
LFT TURN (WALL); INSD ROLL(LOP-FCG); ALTG RONDES 5; ; ; ; ;
OPP TRN (COH); SD X ENDG; SHE GO HE GO; (DHH WALL);

(REPEAT A & B)

END FULL BASIC; ; HLF BASIC; UNDRARM TRN (TAM);
WHL HLF; OPP TRN/LDY WHL HLF (HS); 2 TRADE PLCS; (CP WALL);
SIDE CORTE & HOLD; ;