

HOME

CD: "Long List of Heartaches" by The Grascals (Rounder 610583)

Easy + (but VERY fast!)

CHOREO: Kelli McChesney

Bluegrass music

INTRO: Start after the long fiddle note / Start with LEFT foot

TIME: 2:14

Note about music speed: It's VERY fast! I recommend slowing down the tempo of this music by 15-20%.

SEQUENCE: Wait one long fiddle note, A, B, A, C, A, B, A, C, A, B, A, C, A*, A*. (*=omit dbl basic)

PART A: (19 BEATS)

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|-----|---------------------------------|-----|---|
| (1) | "MODIFIED
MOONSHINE" | --- | <u>DS DBL(X) DBL(O) DBL(UP) DS DBL(X) DBL(O) RS</u>
L R R R R L L LR |
| (1) | "TRIPLE" | --- | <u>DS DS DS RS</u> (move forward)
L R L RL |
| (1) | "WINDMILL" | --- | <u>TCH-LIFT* TCH-LIFT* DS RS</u>
R R R R R LR |
| (1) | "DOUBLE BASIC" | --- | <u>DS DS RS</u> (move back)
L R LR |

*Circle foot CW
behind left foot:



PART B: (32 BEATS)

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|-----|--|-----|--|
| (1) | "SIMONE" | --- | <u>DBL(B) BR(UP) TCH(IF) TCH(IF)</u>
L L L L
<u>TCH(O) TCH(IF) DS RS</u>
L L L RL |
| (1) | "ROCKING CHAIR" | --- | <u>DS BR(UP) DS RS</u> (turn 1/2 right)
R L L RL |
| (1) | "TRIPLE" | --- | <u>DS DS DS RS</u>
R L R RL |
| (1) | REPEAT ABOVE (16) BEATS TO FACE FRONT | | |

PART C: (32 BEATS)

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|-----|--|-----|---|
| (1) | "FANCY RUN" | --- | <u>DS DS(IF) RS(IB) RS(IF)</u> (move left)
L R LR LR |
| (1) | "STAMP TURN"
(turn 1/4 left) | --- | <u>DS STAMP(UP) STAMP(UP) STAMP(UP)</u>
L R R R |
| (2) | "KICKS" | --- | <u>DS BR(UP) DS BR(UP)</u>
R L L R |
| (1) | "TRIPLE" | --- | (turn 3/4 right) |
| (1) | REPEAT ABOVE (16) BEATS TO FACE FRONT | | |

ABBREVIATIONS:

DS – double step	O – out to side
DBL – double	B – back
RS – rock step	IF – in front
TCH – touch	IB – in back
BR – brush	L – left foot
X – across	R – right foot



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