

**SO LONG!**

**Choreo:** Carolyn & Tony Ahart, 3893 E. Linwood Terrace, MO 65809

E-mail: [discoverdancing@aol.com](mailto:discoverdancing@aol.com) Phone: 417- 425-1834

**Music:** So Long! Album: All Aboard! by Indigo Swing.

Available at Amazon.com or I-tunes. **Time:** 4:10 (original)

**Music modification:** Cut first 3 sec. Cut at 3:17. Fade from 3:10.

**Footwork:** Opposite except where noted (W's footwork in parentheses)

**Rhythm:** Jive **RAL Phase:** IV+1 (Stop & Go)

**Speed:** 42.5 RPM or to suit **Degree of Difficulty:** Average

**Sequence:** Intro, A, B, C, B, D, A, B, E, C, END

**INTRO**

**1-4 (BFLY WALL) WAIT PU NOTES & 2 MEAS; ; TRAV SAND STEPS 2X TO SCP; ;**

1-4 BFLY WALL Wait; ; {Trav Sand Steps 2x to SCP} swiveling RF on R ft Tch L toe to instep of R ft toe pointed inward, swiveling LF on R ft small Sd L, swiveling RF on L ft tch R heel to floor toe ptd outward, swiveling LF on L ft XRIF; Swiveling RF on R ft Tch L toe to instep of R ft toe pointed inward, swiveling LF on R ft small Sd L, swiveling RF on L ft tch R heel to floor toe ptd outward, swiveling LF on L ft XRIF to SCP LOD;

**5-8 2 FWD TRIPLES; 4 PT STEPS; ; RK THE BOAT 1 SLOW;**

5-8 {2 Fwd Triples} Fwd L/cl R, fwd L, fwd R/cl L, fwd R;

{4 Pt Steps} Pt L fwd w/outsd edge of ft in contact w/floor, fwd L, pt R thru w/outsd edge of ft in contact w/floor in line w/weighted ft, fwd R; Repeat Intro, meas 6;

{Rk the Boat 1 slow} Fwd L with straight knee leaning forward, -, with rocking motion and relaxed knees cl R leaning bkwd, -;

**9-12 2 FWD TRIPLES; 4 PT STEPS TO FC; ; SD BRKS TO BFLY;**

Repeat Meas. 5-7 to fc ptr; ; ; {Sd Brks} Push step L/push step R, cl L/cl R, push step L/push step R, cl L/cl R to BFLY WALL;

**PART A**

**1-4 SPAN ARMS ~ SOLE TAP; ; ; RK APT REC KBCHG;**

1-4 {Span Arms} } Rk bk L, rec R trng ¼ RF lead W under raised ld hands sd L/cl R, sd L cont RF trn (Rk apt R, rec L trng ¼ LF, sd R/cl L, sd R immediately trng ¾ RF); Sd R/cl L, sd R (Sd L/cl R, sd L) to LOP FCG COH, {Sole Tap} Rk apt L, rec R; Fwd L twd ptr trn 1/4 RF (LF) to sd by sd, bend L leg to tch M's R shoe sole to W's L shoe sole bhd supporting leg, sd R/Cl L, sd R trng 1/4 LF (RF) to fc ptr; {Rk Apt Rec Kbchg} Rk apt L, rec R, kick L ft fwd/cl L on ball to R, cl R to L in place to BFLY;

**5-8 SPAN ARMS ~ SOLE TAP; ; ; RK APT REC KBCHG;**

5-8 Repeat Part A, meas 1-4 to LOP FCG WALL; ; ; ;

**PART B**

- 1-2 CHG R TO L – PT SD & HOLD; ;**  
 1-2 {**Chg R to L**} Rk bk L to SCP LOD, rec R to fc, sd L/cl R, sd L comm ¼ LF trn leading W to trn RF und joint lead hnds (Rk bk R, rec L, sd R/cl L, sd & fwd R comm ¾ RF trn under jnd lead hnds); Sd & fwd R/cl L, sd R LOP-FCG LOD, {**Pt Sd & Hold**} Pt L to COH, hold (Pt R to COH, hold);
- 3-4 CHG L TO R – PT SD & HOLD; ;**  
 3-4 {**Chg L to R**} Rk bk L, rec R, sd L/cl R, sd L comm ¼ RF trn ldg W to trn LF undr jnd ld hnds (Rk bk R, rec L, fwd R/cl L, fwd R comm ¾ LF trn undr jnd ld hnds); Sd R/cl L, sd R (Sd L/cl R, sd L complete LF trn to fc ptr) to LOP-FCG WALL, {**Pt SD & Hold**} Pt L to LOD, hold (Pt R to LOD, hold);
- 5-8 STOP & GO; ; PROG RK 4; CHASSE L & R;**  
 5-6 {**Stop & Go**} Rk bk L, rec R, fwd L/cl R, fwd L catching W with R hnd on L shldr blade (Rk bk R, rec L, fwd R/cl L, fwd R trng ½ LF und ld hnds to end at M's R sd); Rk fwd R, rec L, sm bk R/cl L, bk R (Rk bk L, rec R, fwd L/cl R, fwd L trng ½ RF und ld hnds) to BFLY;  
 7-8 {**Prog Rk 4**} Rk apt L, XRif (XLif), rk apt L, XRif (XLif);  
 {**Chasse L & R**} Sd L/cl R, sd L, sd R/cl L, sd R;

**PART C**

- 1-4 CHG HNDS BHD BACK ~ SHLDR SHOVE; ; ; RK APT REC KBCHG;**  
 1-3 {**Chg Hnds Bhd Back**} Rk apt L, rec R, fwd L starting 1/4 LF trn & placing R hnd ovr W's R hnd/cl R, fwd L release L hnd & comp 1/4 LF trn to Tandem Position in front of W (Rk apt R, rec L, fwd R starting 1/4 RF trn/cl L, fwd R comp 1/4 RF trn to Tandem Position beh M); Sd & bk R starting 1/4 LF trn & placing L hnd bhd M's bk/cl L transfering W's R hnd to M's L hnd bhd his bk, sd & bk R comp 1/4 LF trn (Sd & bk L starting ¼ RF trn/cl R, sd & bk L comp ¼ RF trn) to LOP COH,  
 {**Shldr Shove**} Rk apt L, rec R trng RF; Sd L/cl R, sd L twd ptr bringing M's L & W's R shldrs together, trng LF (RF) to fc ptr bk R/cl L, bk R (sd L/cl R, sd L) to LOP COH;  
 4 Repeat Part A, meas. 4;
- 5-8 CHG HNDS BHD BACK ~ SHLDR SHOVE; ; ; RK APT REC KBCHG;**  
 5-8 Repeat Part C meas 1-4 to LOP FCG WALL; ; ; ;

**Repeat Part B****PART D**

- 1-4 TRAV SAND STEPS 2X TO SCP; ; 2 FWD TRIPLES; SWVL WLK 4;**  
 1-4 Repeat Intro, meas 3-5; ; ; {**Swvl Wlk 4**} Placing each foot directly in front of the other fwd L, fwd R, fwd L, fwd R;
- 5-9 4 PT STPS; ; THROWAWAY; CHICKEN WLKS – 2 SLO, 4 QK; ;**  
 5-7 Repeat Intro, meas. 6-7; ; ; {**Throwaway**} Fwd & sd L/cl R, fwd & sd L leading W to trn ½ LF (Fwd R/fwd L, fwd R trng ½ LF), sd & fwd R/cl L, sd & fwd R (sd & bk L/cl R, sd & bk L) to LOP FCG LOD;

- 8-9 {Chicken Walks} leading W to swivel prior to each step Bk L, -, bk R, -; Bk L, bk R, bk L, bk R;
- 10-12 **LINK RK TO WALL ~ SD BRKS – 1 SLO, 1 QK TO BFLY; ; ;**
- 10-12 {Link Rk to WALL} Rk apt L, rec R, small triple fwd L/R, L; Sd R/L, sd R to WALL, {Sd Brks} Push step L/push step R, -; Cl L/cl R, -, push step L/push step R, Cl L/cl R;

**Repeat Part A. Repeat Part B to HNDSHK.**

**PART E**

- 1-4 **TRPL WHEEL 3 TO COH ~ BASIC RK; ; ;**
- 1-4 {Trpl Wheel 3} Rk apt L, rec R, commence RF whl sd L/cl R, sd L trng in twd ptr & tch her bk w/ M's L hnd (Rk apt R, rec L trng 1/4 LF awy from ptr commence RF whl sd R/cl L, sd R trng to fc ptr & tch his bk w/ W's L hnd); Cont RF whl sd R/cl L, sd R trng awy from ptr, cont RF whl sd L/cl R, sd L trng in twd ptr & tch her bk w/ M's L hnd leading W to spn RF (Cont RF whl sd L/cl R, sd L trng awy from ptr, cont RF whl sd R/cl L, sd R spinning RF on R foot to fc ptr); Sd R/cl L, sd R to LOP FCG COH,  
{Basic Rk} Rk apt L, rec R; Sd L/cl R, sd L, sd R/cl L, sd R;
- 5-6 **SAILOR SHUFFLE 4X TO HNDSHK; ;**
- 5-6 {Sailor Shuffle 4X} XLib R/sd R, sd L, XRib/sd L, sd R (XRib L/sd L, sd R, XLib R/sd R, sd L); XLib R/sd R, sd L, XRib/sd L, sd R (XRib L/sd L, sd R, XLib R/sd R, sd L) to HHDSHK;
- 7-10 **TRPL WHEEL 3 TO WALL ~ BASIC RK; ; ;**
- Repeat Part F, meas 1-4 to WALL; ; ;
- 11-12 **SAILOR SHUFFLE 4X TO LOP FCG; ;**
- 11-12 Repeat Part F, meas 5-6 to LOP FCG; ;

**Repeat Part C**

**END**

- 1-4 **CHG R TO L – PT SD & HOLD; ; CHG L TO R– PT SD & HOLD; ;**
- Repeat Part B, meas 1-4; ; ;
- 5-9 **FALAWAY THROWAY ~ RK TO CHKN WLKS – 2 SLO, 8 QK; ; ; ;**
- 5-9 {Falaway Throway} Rk bk L to SCP, rec R, fwd & sd L/cl R, fwd & sd L leading W to trn ½ LF (Rk bk R to SCP, rec L, fwd R/fwd L, fwd R trng ½ LF); Sd & fwd R/cl L, sd & fwd R (Sd & bk L/cl R, sd & bk L) to LOP FCG LOD, {Rk to Chicken Walks} Rk bk L, rec R; Leading W to swivel prior to each step and W waving goodbye as music fades Bk L, -, bk R, -; Bk L, bk R, bk L, bk R; bk L, bk R, bk L, bk R;