

LONG LONG JOURNEY

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Music: Long Long Journey Artist: Enya CD Album: Amarantine, Track 6
Available as a single download from amazon.com
Time/Speed: Time @ BPM: 3:16 @ 96 [29 MPM] as downloaded
Recommended Speed: +10 percent (49 RPM) = 106 BPM
Footwork: Opposite unless indicated (Woman's footwork in parentheses)
Rhythm/Phase: Slow Two Step Phase 5+0+3
[Shuttle, The Square, Traveling Right Turn w/ Outside Roll]
Degree of Difficulty: AVG
Sequence: INTRO A B A B C D B C MOD END

MEAS:

INTRODUCTION

1-3 MAN FACING DLW LADY 6 FEET BEHIND MAN FACING DRC BOTH WITH RIGHT FOOT FREE AND LOOKING TO THEIR LEFT WAIT 1 MEAS ; SLOWLY LOOK AT PARTNER ; MAN FORWARD SQQ TO CP WALL ;

- 1 {WAIT} M fcg DLW Lady 6 feet bhd M fcg DRC both w/ R foot free & looking to their L wait 1 meas ;
- 2 {SLO LOOK AT PTR} Slowly trn head to look at ptr, -, -, - (W Slowly trn head to look at ptr & raise R arm [palm up] to invite ptr to join her, -, -, -) ;
- 3 {M FWD SQQ CP WALL} Fwd R, -, fwd L, fwd R to CP WALL (W -, -, -, blend to CP WALL) ;

PART A

1-4 BASIC ; PICKING UP TO LOW DOUBLE HAND HOLD ; TRAVELLING CROSS CHASSES TO FACE WALL ; ;

- 1 {BAS PU LOW DBL HND HOLD} Sd L, -, XRib of L, rec L (W Sd R, -, XLib of R, rec R) ;
- 2 Sd R, -, XLib of R, rec R trng 1/4 LF to fc LOD leading W to low dbl HND HOLD (W Sd L, -, XRib of L, rec L trng 1/4 LF Xif of M to low dbl HND HOLD RLOD) ;
- 3 {TRAV X CHASSES CP WALL} Stp sd & fwd L trng LF to DLC blend to R shldr lead w/ both hnds jnd down & in to hip level, -, sd & fwd R DLW, XLif of R (W Bk & sd R blend to L shldr lead w/ both hnds jnd down & in to hip level, -, bk & sd L DLW, XRif of L) ;
- 4 Sd & fwd R trng RF to DLW blend to L shldr lead, -, sd L DLC, XRif of L trng RF to fc ptr & WALL in CP (W Bk & sd L blend to R shldr lead, -, bk & sd R DLC, XLif of R trng RF to fc ptr & COH in CP) ;

5-8 SHUTTLE 3X ; ; TO CP WALL ; BASIC ENDING PICKING UP ;

- 5 {SHUTTLE 3X} Sd L trng slightly RF to cause W to fc LOD & raise lead hnds, -, XRib keeping palm of R hnd on W's back leading W undr jnd lead hnds to trn RF to RLOD M's back of hnd is now in contact w/ W's back, rec L keeping lead hnds raised & R hnd [palm out] on W's back leading W fwd to RLOD (W Sd & fwd R to fc LOD, -, fwd L trng 1/2 RF undr lead hnds to fc RLOD, fwd R) ;
- 6 Sd R keeping lead hnds raised & back of R hnd on W's back leading W to RLOD, -, XLif keeping lead hnds raised & R hnd on W's bk leading W to RLOD to trn undr lead hnds, rec R keeping lead hnds raised & palm of R hnd on W's back (W Fwd L, -, fwd R trng 1/2 LF undr lead hnds to fc LOD, fwd L) ;
- 7 Sd L keeping lead hnds raised & palm of R hnd on W's back leading W to LOD, -, XRib keeping lead hnds raised & palm of R hnd on W's back leading W to LOD to trn undr lead hnds & removing R hnd from W's back, rec R lowering lead hnds to CP WALL (W Fwd R, -, fwd L trng 1/2 RF undr lead hnds to fc RLOD, fwd L trng to CP COH) ;
- 8 {BAS ENDG PU} Sd R, -, XLib of R, rec R trng 1/4 LF picking up W to CP LOD (W Sd L, -, XRib of L, rec L trng 1/4 LF Xif of M to CP RLOD) ;

PART B

1-4 TRIPLE TRAVELER ; ; ; WITH TUNNEL EXIT MAN FACE RLOD ; TOUCH , , [2 beats]

- 1 {TRPL TRAV} Fwd L commence LF upper body turn to lead W to M's L sd raising lead hnds to start W into LF trn, -, fwd R, fwd L (W Bk R trn 1/4 LF, -, cont trn sd & fwd L trng 1/2 undr jnd lead hnds, sd & fwd R cont trn to fc LOD) ;

- 2 Fwd R spiral LF undr jnd hnds, -, fwd L, fwd R (W Fwd L, -, fwd R, fwd L) ;
 3 Fwd L bring jnd hnds down & bk in a continuous circ motion to lead W into a RF trn, -, fwd R, fwd L to LOD (W Fwd R commence RF trn, -, sd L cont RF trn undr lead hnds, fwd R to fc LOD) ;
 4 **{TUNNEL EXIT M FC RLOD}** Fwd R ckg leading W around bhd M to WALL w/ jnd hnds ovr M's head, -, rec L trng LF to fc RLOD, fwd R to LOP RLOD (W Fwd L around M, - fwd R, fwd L to LOP RLOD) ;

5-9 OUTSIDE ROLL ; BASIC ENDING ; TRAVELING RIGHT TURN WITH OUTSIDE ROLL ; ; TOUCH , ,

- 5 **{OUTSD ROLL}** Fwd L bringing jnd hnds down & bk in a continuous circ motion to lead W into a RF trn, -, fwd & sd R to fc ptr, XLif of R (W Fwd R commence RF trn undr lead hnds, -, sd & bk L trng RF, sd R cont RF trn to fc ptr) ;
 6 **{BAS ENDG}** Blend to CP Sd R, -, XLib of R, rec R (W Blend to CP Sd L, -, XRib of L, rec L) ;
 7 **{TRAV R TRN W/ OUTSD ROLL}** Folding RF in front of W sd & bk L to CP RLOD, -, XRib of L pressure wgt, twst trn 5/8 RF on both feet to fc DLW & shift full wgt bk to L (W Fwd R to LOD between M's feet, -, cont RF trn arnd M fwd L twd WALL, fwd R twd RLOD ckg) to end CONTRA BJO M fcg DLW ;
 8 Fwd R twd LOD outsd ptr raising jnd lead hnds, -, fwd & sd L, fwd & acrs R to CP WALL (W Bk L, -, trng RF undr jnd lead hnds, fwd L cont RF trn to CP COH) ;
 9 **{TCH}** Tch L to R, - (W Tch R to L, -) , **[NOTE: 2 beats only]**

REPEAT PART A

REPEAT PART B

PART C

1-4 OPEN BASIC TWICE ; ; MAN SWITCH ; LADY SWITCH ;

- 1 **{OP BAS}** Sd L to 1/2 OP pos, -, XRib of L, rec L to 1/2 OP (W Sd R to 1/2 OP pos, -, XLib of R, rec R to 1/2 OP) ;
 2 **{OP BAS}** Sd R to 1/2 OP pos, -, XLib of R, rec R to 1/2 OP (W Sd L to 1/2 OP pos, -, XRib of L, rec L to 1/2 OP) ;
 3 **{M SWCH}** Xif of W sd L to 1/2 OP LOD, -, fwd R, fwd L (W Fwd R to 1/2 OP, -, fwd L, fwd R) ;
 4 **{LADY SWCH}** Staying in 1/2 OP fwd R, -, fwd L, fwd R (W Xif of M sd L to 1/2 OP LOD, -, fwd R, fwd L) ;

5-9 THE SQUARE ; ; ; ; TOUCH , , [2 beats]

- 5 **{THE SQUARE}** Like a swch M Xif of W sd L, -, trn RF to stp sd R twd COH in 1/2 OP, XLif of R (W Fwd R, -, sd L twd COH, XRif of L start to Xif of M) ;
 6 Fwd R, -, sd L twd RLOD, XRif of L start to Xif of W (W Like a swch Xif of M sd L, -, trn RF to stp sd R twd RLOD in 1/2 OP, XLif of R) ;
 7 Like a swch M Xif of W sd L, -, trn RF to stp sd R twd WALL in 1/2 OP, XLif of R (W Fwd R, -, sd L twd WALL, XRif of L start to Xif of M) ;
 8 Fwd R, -, sd L twd LOD, XRif of L to CP WALL (W Like a swch Xif of M sd L, -, trn RF to stp sd R twd LOD in , XLif of R to CP COH) ;
 9 **{TCH}** Tch L to R, - (W Tch R to L, -) , **[NOTE: 2 beats only]**

PART D

1-4 SIDE BASIC ; OPEN BREAK TO STACKED HANDS RIGHT OVER LEFT ; PASSING ALTERNATING UNDERARM TURNS ; ;

- 1 **{SD BAS}** Sd L, -, XRib of L, rec L (W Sd R, -, XLib of R, rec R) ;
 2 **{OP BRK TO STACKED HND R OVR L}** Sd R, -, apt L joining R hnds on top of L hnds, sd & fwd R to offset w/ ptr W to M's left sd (W Sd L, -, apt R joining R hnds on top of L hnds, rec L) ;
 3 **{PASSG ALT UNDRM TRNS}** Fwd L twd WALL raising R hnds, -, fwd & sd R twd WALL trng LF raising L hnds & lowering R hnds, rec L cont LF trn undr jnd L hnds (W Fwd R twd COH commence trng RF under jnd R hnds, -, fwd & sd L twd COH trng RF undr jnd L hnds, rec R cont RF trn) ;
 4 Bk & sd R twd COH taking R hnd ovr M's head, -, apt L, rec R to starting pos of Part D meas 2 (W Bk & sd L twd WALL, -, apt R, rec L to starting pos of Part D meas 2) ;

5-9 TWICE ; ; KEEP THE HANDSHAKE SHADOW BREAK ; SLOW HIP ROCK TWO ; BASIC ENDING PICKING UP ;

- 5 **{PASSG ALT UNDRM TRNS}** Fwd L twd WALL raising R hnds, -, fwd & sd R twd WALL trng LF raising L hnds & lowering R hnds, rec L cont LF trn undr jnd L hnds (W Fwd R twd COH commence trng RF under jnd R hnds, -, fwd & sd L twd COH trng RF undr jnd L hnds, rec R cont RF trn) ;
- 6 Bk & sd R twd COH taking R hnd ovr M's head, -, apt L, rec R keeping HNDSHK & releasing L hnd hold (W Bk & sd L twd WALL, -, apt R, rec L keeping HNDSHK & releasing left hnd hold) ;
- 7 **{SHDW BRK}** Sd L swiveling on L foot to fc RLOD, -, bk R, rec L to fc ptr keeping R hnds jnd (W Sd R swlvg on R foot to fc RLOD, -, bk L, rec R to fc ptr keeping R hnds jnd) ;
- 8 **{SLO HIP RK 2}** Rk sd R rolling hip sd & bk, -, rk sd L rolling hip sd & bk, (W Rk sd L rolling hip sd & bk, -, rk sd R rolling hip sd & bk, -) ;
- 9 **{BAS ENDG PU}** Sd R blend to CP WALL, -, XLib of R, rec R trng 1/4 LF picking up W to CP LOD (W Sd L blend to CP COH, -, XRib of L, rec L trng 1/4 LF Xif of M CP RLOD) ;

REPEAT PART B**PART C MOD****1-4 OPEN BASIC TWICE ; ; MAN SWITCH ; LADY SWITCH ;**

- 1-4 Same as Part C meas 1-4 ; ; ; ;

5-8 THE SQUARE ; ; ; PICKING UP ;

- 5-7 Same as Part C meas 5-7 ; ; ; ;
- 8 Fwd R, -, sd L twd LOD, XRif of L picking up W to CP LOD (W Like a swch Xif of M sd L, -, trn RF to stp sd R twd LOD in , XLif of R stepping in front of M to CP RLOD) ;

END**1-4 LEFT TURN WITH INSIDE ROLL OVERTURNED MAN FC RLOD ; BACK WALK 3 SLOW TO FACE WALL ~ SIDE CLOSE ; ; CUDDLE CORTE LADY CARESS ;**

- 1 **{L TRN W/ INSD ROLL OVRTRND TO RLOD}** Fwd L commence 1/4 LF trn, -, sd R cont LF trn, comp LF trn bk L to fc ptr & RLOD (W Bk R commence 1/4 LF trn, -, sd L trng LF undr lead hnds, cont trng LF sd R overturning to fc ptr & LOD) ;
- 2-3 **{BK WLK 3 SLO TO FC WALL}** Keeping hnds jnd & low bk R, -, bk L, - (W Keeping hnds jnd & low fwd L, -, fwd R, -) ; Bk R, trng 1/4 LF to fc ptr & WALL (W Fwd L, trng 1/4 LF to fc ptr & COH) , **{SD CL}** Sd L, cl R blending to CUDDLE POS (W Sd R, cl L blending to CUDDLE POS) ;
- 4 **{CUDDLE CORTE}** Bk & sd L using lowering action w/ L leg relaxed w/ L sd lead to fc DLW, -, -, - (W Fwd & sd R using lowering action w/ R leg relaxed w/ R sd lead to fc DRC **[Optional Leg Crawl]**, caress the M, -, -) ; **[NOTE:** Maintain Cuddle position. Lady's R hnd will raise & caress down back of M's head & cheek to finally rest on back of M's neck. Both will lower heads w/ M looking L & W looking L & resting R sd of her head on M's R shldr]