



So Long

Choreographer: Peter & Chama Gomez Longmont CO, 80503 **Date:** 04/30/2009 v.1
 Web Site: <http://www.insyncballroom.org> **E-mail:** Peter@InSyncBallroom.org
Record: CD "ABBA" **Artist:** ABBA **Speed:** Slowed 5% with Audacity then 40 on DM
Footwork: Opposite unless noted (Woman's footwork in parenthesis)
Rhythm: Jive Roundalab Phase 4+2 (Chasse Roll & Whip Turn)
Sequence: Intro – A – BC – BC – Interlude – D – Ending

Meas

Intro

1 – 6 WAIT;; BK WLKS;; LINK to WHIP TRN;;

1-2 [Wait] Op fcg M-LOD & W-RL0D, wait 2 meas;;

3-6 [Bk Wlks 2 Slo- 4Qk] Bk L, -, R, -; L, R, L, R; [Link to Whip Trn] Rk apt L, rec R, fwd L/cl R, fwd L to CP beg RF trn; XIB R trng RF, sd L cont RF trn to fc wall, sd R/ cl L, sd R;

Part A

1 – 4 FALWY THRKY - CHG L-R;; PROG RK 4:

1-3 [Falwy Thrwy – Chg L-R] Rk apt L to SCP, rec R to fc, sd L/cl R, sd L trn ¼ LF; sd R/cl L, sd R, rk apt L, rec R; sd L/cl R, sd L trn ¼ RF, sd R/cl L, sd R (Rk apt R, rec L, fwd R/cl L, trn R comm. ¾ LF trn und lead hnds; sd L/cl R, sd L and complete trn);

4 [Prog Rk 4] Rk apt L, rec R slight xif, rk apt R, rec R slight xif;

Part B

1-7 CHASSE L & R; CHG R-L – RK, REC, KICK BL CHG 2X;; CHG L-R – RK, REC, KICK BL CHG 2X;;

1 [Chasse L & R] sd L/cl R, sd L, sd R/cl L, sd R;

2-4 [Chg R-L – Rk, Rec, Kick Bl Chg 2x] Rk apt L to SCP, rec R to fc, sd L/cl R, sd L trn ¼ LF (Rk apt R to SCP, rec L to fc, sd R/cl L, fwd comm. RF trn und lead hnds); sd & fwd R/cl L, sd R, rk apt L, rec R; Kick fwd L/stp L, cl R, kick fwd L/stp L, cl R;

5-7 [Chg L-R – Rk, Rec, Kick Bl Chg 2x] Rk apt L, rec R, sd L/cl R, sd L trn ¼ RF; sd R/cl L, sd R, (Rk apt R, rec L, fwd R/cl L, trn R comm. ¾ LF trn und lead hnds; sd L/cl R, sd L and complete trn,) rk apt L, rec R; Kick fwd L/stp L, cl R, kick fwd L/stp L, cl R;

8-13 BAS RK – CHASSE ROLL 2X – RK REC;:::

8 [Bas Rk] Rk apt L, rec R, sd L/cl R, sd L; sd R/cl L, sd R, -

9.5-13 [Chasse Roll 2x] Rk bk L to SCP, rec R to fc; sd L/cl R, sd L trn ½ RF to bk-to-bk pos, sd R/cl L, sd R trn RF to fc; Sd L/cl R, sd L, rk bk R to RSCP, rec L to fc; Sd R/cl L, sd R trn ½ LF to bk-to-bk pos, sd L/cl R, sd L trn LF to fc; Sd R/cl L, sd R

[Rk Rec] Rk bk L to SCP, rec R to fc LOD;

14-16 2 PT STPS; RUN 4; THRKY to HNDShK:

14-16 [2 Pt Stps] Pt fwd L, stp L, pt fwd R, stp R in SCP; [Run 4] Fwd L, fwd R, fwd L, fwd R in SCP; [Thrwy to Hndshk] Fwd L/cl R, fwd L trn to fc LOD, sd R/cl L, sd R join rt hands in left op fcg;

Part C

1-8 TRIPLE WHL 3 – SHLDR SHOVE;::: BK WLKS; LINK to WHIP TRN;;

1-4 [Triple Wheel 3] Rk apt L, rec R trn ¼ RF M fcg W bk (Rk apt R, rec L trn ¼ LF with her bk twds M), comm. RF wheel sd L/cl R, sd L trn LF (W trns RF); sd R/cl L, sd R trn RF (W trns LF), sd L/cl R, sd L trn LF (W spins RF); sd R/cl L, sd R,

[Shldr Shov] Rk apt L, rec R trn RF; sd L/cl R, sd L trn to fc ptr, bk R/cl L, bk R;

5-6 [Bk Wlks 2 Slo- 4Qk] Bk L, -, R, -; L, R, L, R;

7-9 [Link to Whip Trn] Rk apt L, rec R, fwd L/cl R, fwd L to CP beg RF trn; XIB R trng RF, sd L cont RF trn to fc LOD, cont trn sd R/ cl L, sd R to fc COH;

7-12 FALWY THRKY – RK, REC, KICK BALL CHG 2X ;::: CHG HNDs BHD BK – CHG L-R;;

7-9 [Falwy Thrwy] Rk bk L to SCP, rec R, sd L/cl R, sd L trn ¼ LF to fc RLOD; sd R/cl L, sd R,

[Rk, Rec, Kick Bl Chg 2x] Rk apt L, rec R; Kick fwd L/stp L, cl R, kick fwd L/stp L, cl R;

10-12 [Chg Hnds Bhd Bk] Rk bk L, rec R, fwd L/cl R, fwd L trn ¼ LF (W trns ¼ RF); cont trn to fc LOD sd R/cl L, sd R, (W fcg RLOD) [Chg L-R] Rk bk L, rec R; sd L/cl R, sd L trn ¼ RF, sd R/cl L, sd R;

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Part C - cont

13-18 **PRTZL TRN w/ DBL RK – RK, REC;;; 4 PT STPS;;**

- 13-16 **[Prtzl Trn w/ Dbl Rk & Rk Rec]** Rk bk L to SCP, rec R to fc, sd L/cl R, sd L trn ½ RF to bk-to-bk pos; Sd R/cl L, sd R trn RF up to ¼ to fc LOD with lead hands joined beh back, rk fwd L twds dance dir, rec R; Rk fwd L, rec R trn LF up to ¼ sd L/cl R, sd L trn ½ RF to fc ptr; Sd R/cl L, sd R, rk bk L to SCP, fwd R twds LOD;
- 17-18 **[4 Pt Stps]** Pt fwd L, stp L, pt fwd R, stp R; Pt fwd L, stp L, pt fwd R, stp R;

Interlude

1-4 **2 TRIPLES; SWVL WLK 4; RUN 4; THRWY to HNDSHK;**

- 1-2 **[2 Triples – Swvl Wlk 4]** Fwd L/cl R, fwd L, fwd R/cl L, fwd R; Swivel wlk fwd L, fwd R, fwd L, fwd R;
- 3-4 **[Run 4]** Fwd L, fwd R, fwd L, fwd R; **[ThrwY to Hndshk]** Fwd L/cl R, fwd L trn to fc LOD, sd R/cl L, sd R join rt hands in left op fcg;

Part D

1-7 **TRIPLE WHL 3 – SHLDR SHOVE;;; LINK RK - RK, REC;;;**

- 1-4 **[Triple Wheel 3]** Rk apt L, rec R trn ¼ RF M fcg W bk (Rk apt R, rec L trn ¼ LF with her bk twds M), comm. RF wheel sd L/cl R, sd L trn LF (W trns RF); Sd R/cl L, sd R trn RF (W trns LF), sd L/cl R, sd L trn LF (W spins RF); Sd R/cl L, sd R, -
- [Shldr Shov]** Rk apt L, rec R trn RF; Sd L/cl R, sd L trn to fc ptr, bk R/cl L, bk R;
- 5-7 **[Link Rk – Rk Rec]** Rk apt L, rec R, fwd L/cl R, fwd L trng RF up to ¼ RF; cont RF trn sd R/cl L, sd R to CP/WALL, rk bk L to SCP, rec R to fc LOD;

8-11 **KCK STP 4;; 2 TRIPLES; SWVL WLK 4;**

- 8-9 **[Kck Stps 4]** Kick fwd L twds DLOD/Wall, stp fwd L, kick R twds DLOD/COH, stp fwd R; Kick fwd L twds DLOD/Wall, stp fwd L, kick R twds DLOD/COH, stp fwd R;
- 10-11 **[2 Triples – Swvl Wlk 4]** Fwd L/cl R, fwd L, fwd R/cl L, fwd R; Swivel wlk fwd L, fwd R, fwd L, fwd R;

12-15 **KCK STP 4;; 2 TRIPLES; SWVL WLK 4;**

- 12-13 **[Kck Stps 4]** Kick fwd L twds DLOD/Wall, stp fwd L, kick R twds DLOD/COH, stp fwd R; Kick fwd L twds DLOD/Wall, stp fwd L, kick R twds DLOD/COH, stp fwd R;
- 14-15 **[2 Triples – Swvl Wlk 4]** Fwd L/cl R, fwd L, fwd R/cl L, fwd R; Swivel wlk fwd L, fwd R, fwd L, fwd R;

16-19 **KCK STP 4;; 2 TRIPLES; SWVL WLK 4;**

- 16-17 **[Kck Stps 4]** Kick fwd L twds DLOD/Wall, stp fwd L, kick R twds DLOD/COH, stp fwd R; Kick fwd L twds DLOD/Wall, stp fwd L, kick R twds DLOD/COH, stp fwd R;
- 18-19 **[2 Triples – Swvl Wlk 4]** Fwd L/cl R, fwd L, fwd R/cl L, fwd R; Swivel wlk fwd L, fwd R, fwd L, fwd R;

Ending

1-6 **WLK & FC-CHASSE L & R – FALWY THRWY;;; RK 4; BK WLKS;;**

- 1-3 **[Wlk & Fc – Chasse L & R]** Fwd L, fwd R to fc, sd L/cl R, sd L; Sd R/cl L, sd R
- [Falwy ThrwY]** Rk bk L to SCP, rec R; Sd L/cl R, sd L trn ¼ LF to fc LOD, sd R/cl L, sd R;
- 4 **[Rk 4]** Rk apt L, rec R, rk apt R, rec R;
- 5-6 **[Bk Wlks 2 Slo Run 4 Qk]** Bk L, -, R, -; L, R, L, R;

7-14 **BK WLKS;; LINK to WHIP TRN;; RK, REC – KCK STP 4 – PT LOD;;;**

- 7-8 **[Bk Wlks 2 Slo Run 4 Qk]** Bk L, -, R, -, -; L, R, L, R;
- 9-11 **[Link to Whip Trn]** Rk apt L, rec R, fwd L/cl R, fwd L to CP beg RF trn; XIB R trng RF, sd L cont RF trn to fc wall, sd R/ cl L, sd R;
- 12-14 **[Rk, Rec, Kck Stps 4, Pt LOD]** Kick fwd L twds DLOD/Wall, stp fwd L, kick R twds DLOD/COH, stp fwd R; Kick fwd L twds DLOD/Wall, stp fwd L, kick R twds DLOD/COH, stp fwd R trn to fc ptr, pt lead ft & hand twds LOD & hold;