

# How Long

拍数: 144      墙数: 1      级数: Phrased Advanced  
编舞者: Carlton Thompson (USA) - October 2017  
音乐: How Long - Charlie Puth



Sequence: A | B | C | A | B | C | C | D | D | B-Section 9 (Only) | TAG | B | B | B

## Part A – Verse – 64 counts

### Section A1:

- 1&a2      Hold, Step R ft. 45 degrees forward to the right, quick-step L ft. behind R ft., Ball-Step R ft. 45 degrees forward to the right.  
3&a4      Hold, Step L ft. 45 degree forward to the left, quick-step R ft. behind L ft., Ball-Step L ft. 45 degrees forward to the left.  
5-6      Cross R ft. over L ft., Step L ft. back.  
7-8      Step R ft. to right side, Step L ft. forward

### Section A2:

- 1&2&      Cross R ft. over L ft., Step L ft. to left side, Cross R ft. behind L ft., Step L ft. to left side.  
3&4&      Cross R ft. over L ft., Step L ft. to left side, Cross R ft. behind L ft., Step L ft. to left side.  
5&6&      Touch R toe in, Step R ft. down, Touch L toe in, Step L ft. down.  
7&8&      Touch R heel forward, Step R ft. down, Touch L heel forward, Step L ft. down.

### Section A3:

- 1&a2      Hold, Step R ft. 45 degrees forward to the right, quick-step L ft. behind R ft., Ball-Step R ft. 45 degrees forward to the right.  
3&a4      Hold, Step L ft. 45 degree forward to the left, quick-step R ft. behind L ft., Ball-Step L ft. 45 degrees forward to the left.  
5-6      Cross R ft. over L ft., Step L ft. back.  
7-8      Step R ft. to right side, Step L ft. forward

### Section A4:

- 1&2&      Step R ft. to right side, Cross L ft. behind R ft., Step R ft. to right side, Cross L ft. over R ft.  
3&4&      Step R ft. to right side, Cross L ft. behind R ft., Step R ft. to right side, Cross L ft. over R ft.  
5&6&      Touch R toe in, Step R ft. down, Touch L toe in, Step L ft. down.  
7&8&      Touch R heel forward, Step R ft. down, Touch L heel forward, Step L ft. down.

### Section A5:

- 1-2      Cross R ft. over L ft., Make  $\frac{1}{4}$  turn right leading with L ft. stepping back. (3:00)  
3&4      Step R ft. back, Step L ft. back, Step R ft. forward.  
5-6      Make  $\frac{1}{4}$  turn pivot left leading with L ft., Make  $\frac{1}{4}$  turn pivot left by stepping R ft. to right side (your left leg will swing around at the same time). (9:00)  
7&8      Step L ft. back, Step R ft. back, Step L ft. forward.

### Section A6:

- 1-2      Step R ft. forward, Step L ft. forward  
3&4      Step R ft. forward, Lock-Step L ft. behind R ft., Step R ft. forward.  
5-6      Make a pivot  $\frac{1}{2}$  turn right by leading forward on L ft., Make a pivot  $\frac{1}{2}$  turn right leading with R ft.  
7&8      Step L ft. forward, Lock-Step R ft. behind L ft., Step L ft. forward.

### Section A7:

- 1-2      Step R ft. back, Drag L ft. next to R ft.  
3-4      Step L ft. back, Drag R ft., next to L ft.

- 5-6 Make ½ turn right by leading with R ft., (9:00) Drag L ft. next to R ft.  
7-8 Step L ft. forward, Drag R ft. next to L ft.

**Section A8:**

- 1-2 Step R ft. forward, Make a ¼ turn right by leading with your L ft. dragging behind R ft. (6:00)  
3-4 Make ¼ turn right by leading with L ft. back (9:00), Make ¼ turn right by leading with your R ft. dragging in front of L ft. (12:00)  
5-6 Ball-Step R ft. to right side (Weight is still on L ft.), Hold.  
7-8 Sway body to the right, Sway body to the left.

**Part B – Chorus – 32 counts**

**Section B9**

**Facing 45 degrees to the right, make the following steps**

- 1-2 Step R ft. forward and pop your L heel up, Step L ft. forward and pop your R heel up. (2:00)  
3-4 Step R ft. forward and pop your L heel up, Step L ft. forward and pop your R heel up. (2:00)  
5-6 Mambo Step R ft. forward, Recover back on L ft.  
7-8& Mambo Step R ft. back, Rock-step L ft. back, Recover forward on R ft.

**Section B10:**

- 1-2& Make ¼ turn left by crossing L ft. over R ft., Rock R ft. to right side, Recover forward on L ft.  
3-4& Cross R ft. over L ft., Rock L ft. back, Recover forward on R ft.  
5-6& Cross L ft. over R ft., Lift right knee up and swing R ft. to right side, Swing R ft. to the left.  
("6&" Optional Step: Point R ft. to right side, Point R ft. forward)  
7-8 Step R ft. forward, Step L ft. forward (10:00)

**Section B11:**

- 1-2 Step pivot ½ left leading with R ft., Step L ft. forward. (4:00)  
3-4 Step R ft. forward, Step L ft. forward.  
5-6 Mambo Step R ft. forward, Recover back on L ft.  
7-8& Mambo Step R ft. back, Rock-step L ft. back, Recover forward on R ft.

**Section B12:**

- 1-2& Cross L ft. over R ft., Rock R ft. back, Recover forward on L ft.  
3-4& Cross R ft. over L ft., Rock L ft. back, Recover forward on R ft.  
5-6& Cross L ft. over R ft., Lift right knee up and swing R ft. to right side, Swing R ft. to the left.  
(12:00)  
7-8 Step R ft. forward, Step L ft. forward (12:00)

**Part C – 16 counts**

**Section C13:**

- 1-2 Rock R ft. forward, Recover back on L ft.  
3&4 1 full turn right by making three steps – R, L, R.  
5-6 Rock L ft. forward, Recover back on R ft.  
7&8 1 full turn left by making three steps – L, R, L.

**Section C14:**

- 1-2 Rock R ft. forward, Recover back on L ft.  
3&4 1 full turn right by making three steps – R, L, R.  
5-6 Cross L ft. over R ft., Step R ft. back.  
7-8 Step L ft. to left side, Toe-Touch R ft. next to L ft.

**Part D – Interlude (Same Steps as Part A, Section 7 and 8) 32 counts**

**Section D15:**

- 1-2 Make ¼ turn right by stepping R ft. back (9:00), Drag L ft. next to R ft.  
3-4 Step L ft. back, Drag R ft., next to L ft.  
5-6 Make ½ turn right by leading with R ft., (3:00) Drag L ft. next to R ft.

7-8 Step L ft. forward, Drag R ft. next to L ft.

**Section D16:**

1-2 Step R ft. forward, Make a ¼ turn right by leading with your L ft. dragging behind R ft. (6:00)

3-4 Make ¼ turn right by leading with L ft. back (9:00), Make ¼ turn right by leading with your R ft. dragging in front of L ft. (12:00)

5-6 Ball-Step R ft. to right side (Weight is still on L ft.), Hold.

7-8 Sway body to the right, Sway body to the left.

**Section D17:**

1-2 Step R ft. back, Drag L ft. next to R ft.

3-4 Step L ft. back, Drag R ft., next to L ft.

5-6 Make ½ turn right by leading with R ft., (3:00) Drag L ft. next to R ft.

7-8 Step L ft. forward, Drag R ft. next to L ft.

**Section D18:**

1-2 Step R ft. forward, Make a ¼ turn right by leading with your L ft. dragging behind R ft. (12:00)

3-4 Make ¼ turn right by leading with L ft. back (3:00), Make ¼ turn right by leading with your R ft. dragging in front of L ft. (6:00)

5-6 Ball-Step R ft. to right side (Weight is still on L ft.), Hold.

7-8 Sway body to the right, Sway body to the left.

**Note: After Part D, you will start again on Part B (Chorus) by Cross-Stepping R ft. over L ft. to face 2:00 (2:00)**

**TAG:**

1-2 (Keep weight on R ft.) Sway body, Sway Body

3-4& Sway body, Rock-step L ft. back, Recover forward on R ft.

**Facebook: [www.facebook.com/cthompsonchoreo](http://www.facebook.com/cthompsonchoreo)**

**YouTube: Search Under "Carlton Thompson"**

**Last Update – 18th Nov. 2017**

---