

How Long

拍数: 40 墙数: 4 级数: Easy Intermediate
编舞者: Diane Blairs (UK) - February 2018
音乐: How Long - Charlie Puth



Intro: 16 Counts

Alternative Music: Tilted by Christine & the Queens (No Restarts or Tags with this Music)

Intro: 16 Counts

S1: STEP OUT R&L, STEP IN R&L

(facing right diagonal)

1-2-3-4 Step right to right side, step left to left side, step right in beside left, step left in beside right.

5-6-7-8 (facing left diagonal) Repeat:

S2: CHASSE R, BACK ROCK, L SIDE ROCK CROSS, R KICK-BALL- CHANGE.

1&2 Step right to right side, step left beside right, step right to right side.

3 – 4 Rock back on left, recover on right.

5&6 Rock left to left side, recover on right, cross left over right.

7&8 Small kick with right, step on the ball of right, step down on left.

Restart: Wall 6: after 16 Counts: facing 6:00:

S3: R SIDE ROCK, BACK ROCK, SIDE ROCK, CROSS, HOLD (CLAP)

1 - 2 Rock right to right side, recover on left,

3 – 4 Rock back on right, recover on left,

5 – 6 Rock right to right side, recover on left,

7 – 8 Cross right over left, Hold, (Clap)

Restart: Wall 2: after 24 Counts: facing 3:00 (Note: 7-8 step right beside left.

S4: L SIDE ROCK, BACK ROCK, SIDE ROCK ¼ R, STEP TOG. HOLD. (CLICK FINGERS)

1 – 2 Rock left to left side, recover on right,

3 – 4 Rock back on left, recover on right,

5 – 6 Rock left to left side ¼ turn right,

7 – 8 Step left beside right, Hold, (Click fingers)

Restart: Wall 4: after 32 Counts: facing: 12:00.

S5: R&L BACK TOUCH X 2, WALKS X 4 (OPT: BOOGIE WALKS)

1 – 2 Step back on right, touch left beside right,

3 – 4 Step back on left, touch right beside left,

5 – 6 Walk fwd on right, walk fwd on left, (Opt - Boogie Walks

7 – 8 Walk fwd on right, walk fwd on left. (Opt – Boogie Walks

(Choreographers Note: Three Restarts:)

(Wall 2: S3 after 24 Counts.) (Wall 4: S4: after 32 Counts.) (Wall 6: S2: after 16 Counts.)