

How Long

拍数: 32 墙数: 2 级数: Intermediate
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音乐: How Long - Charlie Puth : (Album: Voicenotes)



#16 counts musical intro

[1 to 8] -KICK ¼ TURN & SIDE POINT - CROSS POINT X 2 - BODY ROLL

- 1 & 2 Kick RF (1), turn ¼ turn to R, place RF to R (&) and point LF to the left (2)
- 3 4 Cross LF in front of RF (3), point to the right (4)
- 5 6 Cross RF in front of LF (5), point LF to the left (6)
- 7 8 Put LF in front by tilting the chest forward and back

TAG after the 8 beats of the 10th wall dance and not change on 4 beats: ¼ turn left, touch the RF tip near the LF (12), place RF on the right, turn on a complete turn with a rounded (pointed the LF on the ground on the complete turn) end of the turn put your LF on the left (34) (weight on the LF) -
RESTART N ° 2 facing 12H00!

[9 to 16] -BACK STEP & HEEL X4 - SAILOR STEP CROSS with ¼ TURN - DRAG & TOUCH

- 1 Back LF lay heel R front by opening from left to right
- 2 Move back and place heel L in front, opening from right to left
- 3 Back LF lay heel R front by opening from left to right
- 4 Step backward, place heel L in front, opening from right to left
- 5 & 6 Cross LF behind RF while rotating 1/4 turn at L (12H), set RF to R, cross LF in front of RF
- 7 8 Take a big step at R (7), bring LF back to the RF and let the tip of the LF trail

RESTART N°1: 4th Wall at 6 o'clock, make the first 16 times replace the 78 with a large sway (swing right to left) and return to retrieve the weight on the LF.

[17 to 24] -ROCK CROSS SYNCOPE X2 - STEP HALF TURN - ¼ PIVOT TURN WITH ¼ TURN STEP CROSS, STEP SIDE

- 12 & Cross LF in front of RF and return, put PLF on the left
- 34 & Cross RF in front of LF and back, ask RF on the right
- 5 6 Move LF, rotate 1/2 turn clockwise,
- 7 8 Rotate 1/4 turn to R (9H) by setting LF to L (7), cross RF to LF **

ENDING HERE after the cross RF in front of the LF ** (you are at 3H), rotate 1/4 turn to L by putting LF in front! (Thank you)

[25 to 32] -STEP SIDE & CROSS - HALF TURN & KICK L - BACK POINT & PIVOT TURN WITH SWEEP & TOUCH

- 1 2 Put PG on the left (1), cross PD in front of PG (2)
- 3 4 Rotate 1/2 turn left (3H) (3), kick before PG (4)
- 5 6 Point PG behind and rotate ¾ turn to the left (6H) (you end PG cross in front of PD)
- 7 8 Unroll the tip of the PD from back to front when finishing PD point near the PG (6H)

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All my scripts are on my site <http://christianefavillie.wixsite.com/angie>