拍数： 112
壇数： 0
级数：Phrased Intermediate
编舞者：Cam W．Shores－January 2018
音乐：How Long－Charlie Puth ：（iTunes，Amazon．com，Amazon．co．uk，Amazon．de）


Sequence：AB，ABB（modified），A－（last 64 counts with 4－count Tag），BB，Pose

Intro： 16 counts（start on verse vocal）

PART A： 96 counts

|  | BALL－CROSS，OUT－OUT TURNING 1／4 R，3／4 TURN L WITH HITCH，HIP SHAKE R |
| :---: | :---: |
| 1，2 | Step R side right（1）；Drag L toward R （2） |
| \＆ $3 \& 4$ | Step ball of $L$ slightly back（\＆），Step $R$ across $L$（3）；Step $L$ side left（\＆），Turn 1／4 R（3：00） stepping $R$ forward，bending knees prepping for $3 / 4$ turn $L$（4） |
| 5，6 | Turn 1／2 left（9：00）stepping L forward（5）；Rotate 1／4 left（6：00）on ball of L raising $R$ knee（6） |
| 788 | Step $R$ side right bending knees slightly while moving hips $R(7)$ ，Keep knees bent moving hips to center（\＆），Keep knees bent moving hips R （weight ends R）（8） |

［9－16］BALL－CROSS，SIDE，HOLD，\＆SIDE，HAIR BRUSH，HAND PUSH
\＆1，2 Straighten knees stepping ball of $L$ back（1）；Step $R$ across $L$（\＆），Step $L$ side left（2）
3\＆4 Hold／drag R toward L（3）；Step R beside L（\＆）；Step L side left angling body toward 4：30（4）
5，6 Raise $L$ hand to $R$ temple preparing to brush hair（5）；Turning upper body toward 7：30，brush $L$ hand over head down past $L$ ear and $L$ side of neck（6）
7\＆8（Still facing 7：30）Push $L$ hand palm out across chest toward $R$ diagonal（7）；Move $L$ hand in to center of chest（palm still facing out toward $R$ diagonal）（\＆），Push hand out toward $R$ diagonal again（8）
NOTE：During second verse，do hand push on counts $7 \& 8$ with $L$ forefinger pointing up as if indicating ＂number one＂
［17－24］BALL－CROSS， $1 / 2$ TURN L，TOUCH，POINT \＆SLIDE，TOUCH，KNEE SPLIT
\＆1，2（Lower hand）Step ball of R slightly back（\＆）；Step L across R（1）；Turn 3／8 L（3：00）stepping R back（2）
3，4 Turn $1 / 4 L$（12：00）stepping $L$ side left（3），Tap $R$ beside $L$（4）
5\＆6 Point $R$ side right（5），Step $R$ beside $L$（\＆），Slide $L$ side left（6）
$7 \& 8 \quad$ Touch $R$ beside $L(7)$ ，Angle body toward 1：30 squatting slightly bending knees out（\＆）， Return knees to center（8）
［25－32］DIAGONAL WALKS，\＆HOOK BEHIND，UNWIND 3／4 L，DIAGONAL POP WALKS，FORWARD MAMBO R WIDRAG
1，2（Facing 1：30）Step R forward（1）；Step L forward（2）
\＆3，4 Quick step R forward（\＆），Hook／touch L behind R（3）；Unwind 3／4 L（4：30）onto L（4）
$5,6 \quad$（Facing 4：30）Step $R$ forward popping $L$ knee（5）；Step $L$ forward popping $R$ knee（6）
$7 \& 8 \quad$ Rock $R$ forward to left diagonal（7），Recover L（\＆），Big step $R$ back dragging $L$ towards $R(8)$
［33－40］DRAG，BALL CROSS TURNING $1 / 4$ R，SIDE STEP L，TOUCH，BACK STEP R，TOUCH，\＆1／2 TURN L

1\＆2 Continue dragging $L$ toward $R(1)$ ；Step ball of $L$ beside $R(\&)$ ，Step $R$ across $L$ turning 1／4 right（7：30）（2）
3，4 Step L side left（3）；Tap $R$ on the spot leaning left（4）
$5,6 \quad$ Turn $1 / 4$ left（4：30）stepping $R$ back（5）；Tap $L$ on the spot（in front of $R$ ）（6）
\＆7，8 Step L beside R（\＆），Step R forward（7），Turn 1／2 left（11：30）stepping L forward（8）

1a2
3 a 4
5,6
7\&8
(Still facing 11:30) Step $R$ across $L$ (1), Step $L$ side left with partial weight transfer (a), Take weight $R$ (2)
Step $L$ across $R(3)$, Step $R$ side right with partial weight transfer (a), Rotate $3 / 8$ left (6:00) taking weight $L$ (4)
Raise hands to eye level, $R$ in front of $L$ ( $L$ closest to eyes), elbows out, palms facing away from eyes, fingers splayed (5); Slide hands out so just fingertips are touching (6) Make fists, raising $L$ past $L$ temple while lowering $R$ past $R$ cheek (7), Drop $L$ hand on top of $R$ at chest height, both palms down (\&), Place $L$ hand at $L$ hip palm in while extending $R$ hand out to right side, palm up (8)

[49-56] TAP-HOOK-STEP TURNING $1 / 4$ R, CHASE $1 / 2$ R, SWEEP, STEP, (HITCH) WITH $1 / 4$ TURN R, STEP<br>$1 \& 2$<br>( $R$ hand still out) Tap $R$ side right (1), Hook $R$ across $L$ just below knee turning $1 / 4 R(9: 00)$ (\&), Step R forward (2)<br>$3 \& 4 \quad$ (Lower $R$ hand) Step L forward (3), Turn $1 / 2 R$ (3:00) taking weight $R(\&)$, Step L forward (4)<br>5,6 Sweep R counterclockwise (5); Step R across L (6)<br>7,8 Turn 1/4 R (6:00) lifting L beside $R$ calf (7); Step L forward (8)

## [57-64] SYNCOPATED ROCKS, BRUSH-HITCH-BACK, LOOK FRONT WITH BODY ROLL, LOOK 3/8 LEFT W BODY ROLL <br> 1\&2\& Rock ball of $R$ forward (1), Recover L (\&), Rock ball of $R$ back (2), Recover L (\&) <br> 3\&4 Brush R forward (3), Raise R knee (\&), Touch R back (4) <br> 5,6 Turn 1/4 R (9:00) starting body roll side $R$ (think subtly sexy) turning head to look toward 12:00 (5); Finish body roll looking forward to 12:00, weight ending R (6) <br> $7,8 \quad$ Start body roll side left (7); Finish body roll rotating body (and head) 1/8 left to face 7:30, weight ending $L$ (8)

[65-72] 3 WALKS, PIVOT $1 / 2$ L (HEAD DOWN), RAISE L ARM, POINT AT WATCH, LOOK UP, CLICK
1,2 (Still facing 7:30) Step R forward (1); Step L forward (2)
$3,4 \quad$ Step $R$ forward (3); Turn 1/2 left (1:30) taking weight L, HEAD DOWN looking at floor (4)
5,6 Raise $L$ arm elbow bent as if checking your watch (5); Point $R$ forefinger at $L$ wrist (6)
7,8 Raise head (7); Raise both arms to shoulder height clicking fingers (8)
>>> INSERT TAG HERE DURING A- <

