

How Long

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Paul McQueen (AUS) - May 2018
音乐: How Long - Charlie Puth : (Album: Voicenotes)



Music: Available From iTunes And Amazon
Original Position: Feet Together Weight On Left Foot

THIS DANCE IS DONE IN 4 DIRECTIONS. INTRODUCTION 16 BEATS

CROSS ROCK & CROSS ROCK, BACK LOCK BACK, TOUCH BACK UNWIND

1, 2 & Cross R Over L, Rock Back Onto L, Step R Together,
3, 4 Cross L Over R, Rock Back Onto R (12.00)
5 & 6 Step L Back, Lock R Across In Front Of Left, Step L Back
7, 8 Touch R Toe Back ½ Unwind (180o) Right Take Weight On L (6.00)

SIDE TOGETHER, SHUFFLE FORWARD, SIDE TOGETHER, SHUFFLE BACK

1, 2 Big Step R To Side, Drag L Next To R
3 & 4 Step R Forward, Step Left Next To R, Step R Forward (R-L-R)
5, 6 Step L To Side, Drag R Next To L (Big Step To Side And Drag)
7 & 8 Step L Backward, Step R Next To L, Step L Backward (L-R-L) (6.00)

STEP R ACROSS L, ½ UNWIND, TAKE WEIGHT ON L, SIDE ROCK REPLACE, SAILOR, ½ TURN SAILOR

1, 2 Step R Across L, ½ Turn Unwind 180o Left Take Weight On L (12.00)
3, 4 Step Right To Side, Rock Back Onto L
5 & 6 Sailor: Step R Behind Left, Step L To The Side, Step R To The Side
7 & 8 Sailor Step Turning 180o L-R-L (6.00)

STEP R ACROSS L, STEP L BACK, ¼ RIGHT FORWARD-TOGETHER-FORWARD (R-L-R), FORWARD, ROCK BACK, 1 ½ TURN TRIPLE, (3.00)

1, 2 Step R Across L, Step L Back
3 & 4 Turn 900 Right, R Forward, Step L Next To R, Step R Forward (9.00)
5, 6 Step L Forward, Rock Back Onto Right, Turning 540 Degrees Left
7 & 8 Travelling Back Triple Step: L-R-L (3.00) (Easier Version Half Turn Shuffle Forward)

[32] REPEAT DANCE IN NEW DIRECTION

RESTART: WALL 4, COUNT 16

TAG 1 :-

**On Wall 10 - Complete First 8 Beats Then Add The Following 4 Beat Tag Before Restarting The Dance
SIDE ROCK TOGETHER AND SIDE ROCK TOGETHER**

1, 2 & 3, 4 Step R To Side, Rock Back On L, Step R Together, Step L To Side, Rock Back On R, Step L Together

MOBILE: 0438639150 EMAIL: PaulWilliamMcQueen@gmail.com

Have Fun And Remember To Count And Smile! 21/05/2018