

How Long

拍数: 32 墙数: 4 级数: Intermediate
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音乐: How Long - Tove Lo



Intro: 8 Counts, Start at approx 14 secs

SEC 1 Walk x3, Side Rock Cross, Side, ½ Hitch, Side, Cross, Side Rock Cross

1-2-3 Step right forward, step left forward, step right forward
&4& Rock left to left, recover weight on to left, cross left over right
5-6 Step right to right, turn ½ left hitching left, step left to left (6:00)
7&8& Cross right over left, rock left to left, recover weight on to left, cross left over right

SEC 2 Side, Together, Side Shuffle ⅛ Turn, Step, ½ Together, Walk x3

1-2 Step right to right, step left beside right
3&4 Step right to right, step left beside right, turn ⅛ right step right forward (7:30)
&5 Step left forward, turn ½ right step right beside left (1:30)
6-7-8 Step left forward, step right forward, step left forward

SEC 3 Rock, Ball Touch, Ball Touch, Back Rock, Step, ⅛ Lock, Full Unwind

1-2 Rock right forward, recover weight on to left
&3&4 Step right back, touch left forward, step left back, touch right forward
5-6 Rock right back, recover weight on to left
&7-8 Step right forward, turn ⅛ left lock left behind right, unwind full turn left transferring weight onto left (12:00)

SEC 4 Side Drag, Ball Cross, ¼ Back, ¼ Side Drag, Ball Cross, ¾ Reverse Spiral

1-2 Step right to right dragging left towards right over 2 counts
&3-4 Step left beside right, cross right over left, turn ¼ right step left back (3:00)
5-6 Turn ¼ right step right to right dragging left towards right over 2 counts (6:00)
&7 Step left beside right, cross right over left
8 Turn ¼ right step left back spiral ½ right hooking right over left (3:00)

Ending after 6 counts of Wall 9

7&8 Cross right over left, turn ¼ right step left back, step right beside left