

How Long?

拍数: 32 墙数: 4 级数: Beginner
编舞者: Max Perry (USA)
音乐: How Long - Pete Andrew



FORWARD SHUFFLE, ½ TURN, FORWARD SHUFFLE, ½ TURN

1&2 Right shuffle forward (right-left-right)
3-4 Step left forward & turn ½ right, step right in place
5&6 Left shuffle forward (left-right-left)
7-8 Step right forward & turn ½ left, step left in place

TOUCH RIGHT, HOLD, TOUCH LEFT, HOLD

1-2 Touch right toe to right side, hold
&3-4 Quickly step right next to left, touch left toe to left side, hold

TOUCH, TOUCH, COASTER STEP, TOUCH, TOUCH, COASTER STEP

&5-6 Quickly step left next to right, touch right heel forward twice
7&8 Step right back, step left next to right, step right forward
1-2 Touch left heel forward twice
3&4 Step left back, step right next to left, step left forward

½ TURN LEFT, ¼ TURN LEFT

5-6 Step right forward & turn ½ left, step left in place
7-8 Step right forward & turn ¼ left, step left in place

CROSS OVER & ROCK, SHUFFLE STEP, CROSS OVER & ROCK, SHUFFLE STEP

1-2 Rock step right forward & across left, step left in place
3&4 Right shuffle to right (right-left-right)
5-6 Rock step left forward & across right, step right in place
7&8 Left shuffle to left (left-right-left)

REPEAT
