

# Eagles Rock

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Intermediate  
编舞者: Gaye Teather (UK) - October 2007  
音乐: How Long - Eagles : (CD: Long Road Out Of Eden)



Dance rotates in CCW direction

Intro: 24 counts

**Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold & clap**

1 – 2      Rock Right to Right side. Recover onto Left  
3&4      Cross Right over Left. Step Left to Left. Cross Right over Left  
5 – 6      Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side  
(Facing 6 o'clock)  
7 – 8      Cross Left over Right. Hold and clap

**Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold & clap**

1 – 2      Rock Right to Right side. Recover onto Left  
3&4      Cross Right over Left. Step Left to Left. Cross Right over Left  
5 – 6      Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side  
(Facing 12 o'clock)  
7 – 8      Cross Left over Right. Hold and clap

**Forward rock. Walk back Right. Left. Back rock. Forward Right. Touch**

1 – 4      Rock forward on Right. Recover onto Left. Walk back Right. Left  
5 – 8      Rock back on Right. Recover onto Left. Step forward on Right. Touch Left beside Right

**Rock (x 4). Jazz box. Touch**

1 – 4      Step Left to Left rocking weight onto Left. Rock onto Right. Rock onto Left. Rock onto Right  
5 – 8      Cross Left over Right. Step back on Right. Step Left to Left. Touch Right beside Left

**\*\* Add the 4 count tag here during wall 2 (see below) and start dance again from the beginning**

**Chasse Right. Back rock. Kick ball cross. Kick ball cross**

1&2      Step Right to Right side. Step Left beside Right. Step Right to Right  
3 – 4      Rock back on Left. Recover onto Right  
5&6      Kick Left forward. Step Left beside Right. Cross Right over Left  
7&8      Kick Left forward. Step Left beside Right. Cross Right over Left

**Angle body slightly towards Left diagonal during counts 5&6, 7&8**

**Chasse Left. Back rock. Kick ball cross. Kick ball cross**

1&2      Step Left to Left side. Step Right beside Left. Step Left to Left  
3 – 4      Rock back on Right. Recover onto Left  
5&6      Kick Right forward. Step Right beside Left. Cross Left over Right  
7&8      Kick Right forward. Step Right beside Left. Cross Left over Right

**Angle body slightly towards Right diagonal during counts 5&6, 7&8**

**Quarter Right. Half Right. Back rock. Full turn Left (travelling forward). Walk. Walk**

1 – 2      Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left  
3 – 4      Rock back on Right. Recover onto Left  
5 – 6      Half turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o'clock)  
7 – 8      Walk forward Right. Left

**Heel switches (x 3). Clap. Hip bumps forward (x 2) Hip bumps back (x 2)**

1&2& Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right

3 – 4 Touch Right heel forward. Hold & clap

5&6 Bump hips forward twice

7&8 Bump hips back twice

**Start again**

**Tag: Danced at the end of section 4 during wall 2. Then re-start from beginning**

**Side Right. Touch. Side Left. Touch**

1 – 4 Step Right to Right. Touch Left beside Right. Step Left to Left. Touch Right beside Left

**Beginner split: "How Long" by Jo Thompson to the same track. Ideal for floor splits**

---