

How Long

拍數: 64 牆數: 2 級數: Intermediate
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音樂: How Long - Charlie Puth : (Single)



Restart in wall 2 after 48 counts - after, start again facing 12 o'clock.

Introduction: 16 counts, start on approx 11 sec.

PART 1. [1-8] L Side, Hold, R Small Step Back, Touch L Heel Fwd, Replace, Touch R, Side, Behind, Side, Cross & Cross.

1,2 Step R to R (1), Hold (2).
&3&4 R small step back (&), Touch L heel forward (3), Step L back in place. (&), Touch R Together (4).
5,6& Step R to R (5), Step L behind R (6), Step R to R (&).
7&8 Step L across R (7), Step R slightly to R (&), Step L across R (8).

PART 2. [9-16] ¼ Monterey Turn R Across, Back Out Out, Heels & Toe Swivels To L, Knee Lift R.

1,4 Point R out to R (1), Make ¼ turn R (3.00) step R beside L (2), Point L out to L (3), Step L across R (4).
5,6 Step R slightly back out, Step L out to L.
7&8 Swivel both heels L (7), Swivel both toes L (&), Taking weight onto L and lift R knee up (8).

PART 3. [17-24] Side, Behind, Side, Cross & Cross, Point R, ½ Spiral Turn R, Step Lock Step R.

1,2& Step R to R (1), Step L behind R (2), Step R to R (&).
3&4 Step L across R (3), Step R slightly to R (&), Step L across R (4).
5-6 Point R out to R (5), Make ½ spiral turn R over L (9.00) holding weight onto L (6).
7&8 Step R forward (7), Lock L behind R (&), Step R forward (8).

PART 4. [25-32] Point L Fwd, Back, Back, Heel Pivot ¼ R, Syncopated Heel Lifts R, L, R, L.

1,2 Point L forward (1), Step L back (2).
3,4 Step R back (3), Making ¼ turn R (12.00) over both heels taking weight onto L (4),
&5&6 Lift R heel up holding ball on the floor (&), Heel back in place (5), Lift L heel up holding ball on the floor (&), Heel back in place (6).
&7&8 Lift R heel up holding ball on the floor (&), Heel back in place (7), Lift L heel up holding ball on the floor (&), Heel back in place (8).

PART 5. [33-40] Dorothy Step R, Dorothy Step L with ¼ Turn L, ½ Pivot Turn L, ¾ Turn L, Side.

1,2& Long step R diagonally forward (1), Step L behind R (2), Step R forward (&).
3,4& Making ¼ turn L (9.00) long step L forward (3), Step R behind L (4), Step L forward (&).
5,8 Step R forward (5), Pivot ½ turn L (3.00) over L (6), Continue a ½ turn L (9.00) step R back (7), Continue a ¼ turn L (6.00) step L to L (8).

PART 6. [41-48] Side Rock / Recover, Big Step R with Heel Drag L, Together, Side Rock / Recover, Ball, Step L, Touch.

1,2 Step R to R (1), Recover back onto L (2).
&3,4 Step R big back and drag L heel towards R (&), Step L beside R (4).
5,6 Step R to R (5), Recover back onto L (6).
&7,8 Step R beside L on ball (&), Step L big forward (7), Touch R beside L (8).

(NB: Restart here in WALL 2 after 48 counts, after start again 12 o'clock).

PART 7. [49-56] Kick R Fwd, Replace, Side,Cross, ¼ Turn R, Back, Back, Back Rock / Recover, Step Lock Step L.

1&2 Kick R forward (1), Step R back in place (&), Step L to L (2).
3&4 Step R across L (3), Make ¼ turn R (9.00) step L back (&), Step R back (4).
5,6 Step L back (5), Recover back onto R (6).
7&8 Step L forward (7), Lock R behind L (&), Step L forward (8).

PART 8. [57-64] ½ Pivot Turn L, Hip Sways R, L, Modified Jazzbox with ¼ Turn R.

1,4 Step R forward (1), Pivot ½ turn L (3.00) over L (2), Sway R hip to R (3), Sway L hip to L (4).
5-8 Step R across L (5), Make ¼ turn R (6.00) step L back (6), Step R to R (7), Step L forward (8).

REPEAT DANCE AND HAVE FUN!!!

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