

# How Long EZ

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Muki Matohir Royal (INA) - December 2017  
音樂: How Long - Charlie Puth



**Intro: 16 : Count - Restart On 4 Wall After 16 Count**

## **S.1: WALK – BOTA FOGO – FORWARD – IN PLACE**

1 – 2            Step R Forward – Step L Forward  
3&4            Cross R over L, Ball L to Side, Step R in Place  
5&6            Cross L over R, Ball R to Side, Step L in Place  
7-8            Step R Forward, Step L in Place

## **S.2: UNWIND TURN 1/2 RIGHT - KICK BALL CROSS – SIDE - TURN 1/4 LEFT - FORWARD**

1-2            Step R Back, Turn 1/2 right Step L in Place ( 06.00 )  
3&4            Kick R Forward, Ball R, Cross L over R  
5&6            Kick R Forward, Ball R, Cross L over  
7-8            Step R to Side, Turn 1/4 right Step L Forward ( 03.00 )

**RESTART ON 4 WALL AFTER 16 COUNT**

## **S.3: TOUCH FORWARD – TOUCH SIDE – COASTER STEP**

1-2            Touch R Forward, Touch R to Side  
3&4            Step R Back, Step L Beside R, Step R Forward  
5-6            Touch L Forward, Touch L to Side  
7&8            Step L Back, Step R Beside L, Step L Forward

## **S.4 Paddle Turn - Forward**

1&            Turn 1/8 Left Touch R To Side , Step L in Place  
2&            Turn 1/8 Left Touch R To Side , Step L in Place  
3&            Turn 1/8 Left Touch R To Side , Step L in Place  
4.            Step R Forward  
5&            Turn 1/8 Right Touch L To Side , Step R in Place  
6&            Turn 1/8 Right Touch L To Side , Step R in Place  
7&            Turn 1/8 Right Touch L To Side , Step R in Place  
8.            Step L Forward

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**Last Update - 9th Dec. 2017**