

How Long

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Hiroko Carlsson (AUS) - March 2018
音樂: How Long - Charlie Puth : (iTunes)



(16 count intro / Start on vocals)

[S1] Fwd Mambo, L Side Mambo, R Side Mambo, Back Mambo

1&2 Step R forward, Recover weight on L, Step R together
3&4 Step L to left side, Recover weight on R, Step L together
5&6 Step R to right side, Recover weight on L, Step R together
7&8 Step L back, Recover weight on R, Step L together (12:00)

[S2] Step-Pivot 1/2L, Cross-Back-Side, Cross, Back, Cross-1/4L-Fwd

1 2 Step R forward, Make a ½ turn left recover weight on L
3&4 Cross R over L, Step L back, Step R to side
5 6 Cross L over R, Step R back
7&8 Cross L over R, Make a ¼ turn left stepping back on R, Step L forward (3:00)

[S3] 2x Cross-Point, Fwd Coaster, Back-Back-Together

1 2 Cross R over L, Point L to left side
3 4 Cross L over R, Point R to right side
5&6 Step R forward, Step L next to R, Step R back
7&8 Run back LR (7&), Step L together (8) (3:00)

[S4] Cross, Back, Side-Cha-Cha, Box 1/4L

1 2 Cross R over L, Step L back
3&4 Step R to right side, Step L next to R, Step R together
5 6 Cross L over R, Make a ¼ turn left stepping back on R
7 8 Step L to left side, Step R forward (12:00)

[S5] Touch Fwd-Unwind 1/2R, Touch Back-Unwind 1/2R, Touch Fwd-Unwind 1/2R, Back Rock-Recover 1/4L-Back

1 2 Step/touch L forward, Make a ½ turn right weight on L (click fingers)
3 4 Step/touch R back, Make a ½ turn right weight on R (click fingers)
5 6 Step/touch L forward, Make a ½ turn right weight on L (click fingers)
7&8 Rock/step R back, Make a ¼ turn left recover weight on L, Step R back (3:00)

[S6] Touch Back-Unwind 1/2L, Touch Fwd-Unwind 1/2L, Touch Back-Unwind 1/2L, Step-Pivot 1/4L

1 2 Step/touch L back, Make a ½ turn left recover weight on L (click fingers)
3 4 Step/touch R forward, Make a ½ turn left recover weight on R*** (click fingers)
5 6 Step/touch L back, Make a ½ turn left recover weight on L (click fingers)
7 8 Step R forward, Make a ¼ turn left recover weight on L** (6:00)

[S7] Heel Cross-Side, Behind-Side-Cross, Heel Side-Touch Together, Coaster Step

1 2 Touch R heel over L, Touch R heel to right side
3&4 Step R behind L, Step L to left side, Cross R over L
5 6 Touch L heel to left side, Touch L next to R
7&8 Step L back, Step R next to L, Step L forward (6:00)

[S8] 2x Dip-Tap, 2x Step-Pivot 1/2L

1 2 Step R to right side (dipping slightly), Tap L to left diagonal
3 4 Step L to left side (dipping slightly), Tap R to right diagonal

5 6 Step R forward, Make a ½ turn left recover weight on L
7 8 Step R forward, Make a ½ turn left recover weight on L (6:00)

Restart 1: Wall 2 count 48 (12:00)**

Restart 2: Wall 5 count 44* with step changes**

Section 6: Touch Back-Unwind 1/2L, Step Fwd- Pivot 1/4L instead of Touch Fwd-Unwind 1/2L

1 2 Step/touch L back, Make a ½ turn left recover weight on L (click fingers)
3 4 Step R forward, Make a ¼ turn left recover weight on L (6:00)

**Please feel free to contact me if you need any further information.(hirokoinedancing@gmail.com)
(updated: 11/Mar/18)**
