How Long



拍數: 32 牆數: 2 級數: Intermediate

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音樂: How Long - Charlie Puth: (Album: Voicenotes)



#16 counts musical intro

[1 to 8] -KICK 1/4 TURN & SIDE POINT - CROSS POINT X 2 - BODY ROLL

1 & 2 Kick RF (1), turn ¼ turn to R, place RF to R (&) and point LF to the lef	turn to R, place RF to R (&) and point LF to the left (2)
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3 4 Cross LF in front of RF (3), point to the right (4)
5 6 Cross RF in front of LF (5), point LF to the left (6)
7 8 Put LF in front by tilting the chest forward and back

TAG after the 8 beats of the 10th wall dance and not change on 4 beats: ¼ turn left, touch the RF tip near the LF (12), place RF on the right, turn on a complete turn with a rounded (pointed the LF on the ground on the complete turn) end of the turn put your LF on the left (34) (weight on the LF) - RESTART N ° 2 facing 12H00!

[9 to 16] -BACK STEP & HEEL X4 - SAILOR STEP CROSS with 1/4 TURN - DRAG & TOUCH

1	Back LF lay heel R front by opening fr	om left to right
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2 Move back and place heel L in front, opening from right to left

3 Back LF lay heel R front by opening from left to right

4 Step backward, place heel L in front, opening from right to left

5 & 6 Cross LF behind RF while rotating 1/4 turn at L (12H), set RF to R, cross LF in front of RF

7 8 Take a big step at R (7), bring LF back to the RF and let the tip of the LF trail

RESTART N°1: 4th Wall at 6 o'clock, make the first 16 times replace the 78 with a large sway (swing right to left) and return to retrieve the weight on the LF.

[17 to 24] -ROCK CROSS SYNCOPE X2 - STEP HALF TURN - ¼ PIVOT TURN WITH ¼ TURN STEP CROSS. STEP SIDE

12 & Cross LF in front of RF and return, put PLF on the left 34 & Cross RF in front of LF and back, ask RF on the right

5 6 Move LF, rotate 1/2 turn clockwise,

7 8 Rotate 1/4 turn to R (9H) by setting LF to L (7), cross RF to LF **

ENDING HERE after the cross RF in front of the LF ** (you are at 3H), rotate 1/4 turn to L by putting LF in front! (Thank you)

[25 to 32] -STEP SIDE & CROSS - HALF TURN & KICK L - BACK POINT & PIVOT TURN WITH SWEEP & TOUCH

12	Put PG on the left (1), cross PD in front of PG (2)
3 4	Rotate 1/2 turn left (3H) (3), kick before PG (4)
5.6	Point PG hehind and rotate 3/, turn to the left (6H) (you and

Point PG behind and rotate ¾ turn to the left (6H) (you end PG cross in front of PD)

Unroll the tip of the PD from back to front when finishing PD point near the PG (6H)

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All my scripts are on my site http://christianefavillie.wixsite.com/angie