

How Long

拍數: 64 牆數: 2 級數: High Improver
編舞者: Miae Kim (KOR) - March 2018
音樂: How Long - Charlie Puth



S1. SIDE, CROSS, SIDE, TOUCH, SIDE, CROSS, SIDE, TOUCH

1-4 Step R To R Side, Cross L Over R, Step R To R Side, Touch L Beside R
5-8 Step L To L Side, Cross R Over L, Step L To L Side, Touch R Beside L

S2. Rock, Recover, Together, Rock, Recover, Coaster, Pivot 1/2

1,2&,3,4 Rock R To R, Recover L To L, R Beside L, Rock L To L, Recover L To L
5&6,7,8 Step L Back, Step R Beside L, Step L Fwd, Step R Fwd, Pivot 1/2 L(6:00)

S3. KICK BALL POINT(X2), 1/4 JAZZ BOX

1&2,3&4 Kick R To Fwd, Step Down On Ball R, Point L To L, Kick L To Fwd, Step Down On Ball L,
Point R To R
5-8 Cross R Over L, Step L Back, 1/4 Turn R Step R To R, Step L Fwd(9:00)

S4. ROCK, RECOVER, BEHIND, SIDE, CROSS, ROCK, RECOVER, 1/2 TURN SAILOR

1,2,3&4 Rock R To R, Recover L To L, Behind R To L, Step L To L, Cross R Over L
5,6,7&8 Rock L To L, Recover R To R, 1/2 Turn L Step L Behind R, Beside R To L, Step L To L

S5. STEP BACK, HOLD, BALL CHANGE, STEP, ANCHOR STEP, 1/4 SAILOR

1,2&3,4 Step R Back, Hold, Ball L Beside R, Step R Fwd, Step L Fwd
5&6,7&8 Lock R Behind L, Step Weight Onto L, Step Slightly Back On R, Cross L Behind R, 1/4 Turn
L R To R, Step L To L

S6. SIDE MAMBO(X2), FWD MAMBO, SHUFFLE BACK

1&2,3&4 Rock R To R, Recover L, Step R Beside L, Rock L To L, Recover R, Step L Beside R
5&6,7&8 Rock Fwd On R, Recover On L, Step R Beside L, Step L Back, Step R Beside L, Step L Back

S7. PRESS, HEEL SWIVEL, BEHIND, SIDE, CROSS, STEP L TO L, HOLD, STEP R BESIDE L, CROSS SHUFFLE

1&2,3&4 Diagonal Press R To R, Twist R Heel Out, Twist R Heel IN, Cross R Behind L, Step L To L,
Cross R Over L
5&6,7&8 Step L To L, Hold, Step R Beside L, Cross L Over R, Step R To R, Cross L Over R

S8. SIDE, CROSS ROCK, RECOVER, SIDE, TOUCH, 1/2 TURN RIGHT WALK*4

12&34 Step R To R, Cross Rock L Over R, Recover On R, Step L To L, Touch R Beside L
5-8 Turning R Walking On R, L, R, L

* Restarts:-

On the 2nd wall S6 (48 count)

On the 5th wall S6 (44 count)

* Ending : wall 6 S7(56 count) after the 1/2 Turn R R to R, Touch L beside R

Enjoy Dance

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