

# How Long

**COPPER KNOB**  
STEPPERS

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Paul McQueen (AUS) - May 2018  
音樂: How Long - Charlie Puth : (Album: Voicenotes)



Music: Available From iTunes And Amazon  
Original Position: Feet Together Weight On Left Foot

**THIS DANCE IS DONE IN 4 DIRECTIONS. INTRODUCTION 16 BEATS**

## **CROSS ROCK & CROSS ROCK, BACK LOCK BACK, TOUCH BACK UNWIND**

1, 2 &                      Cross R Over L, Rock Back Onto L, Step R Together,  
3, 4                        Cross L Over R, Rock Back Onto R (12.00)  
5 & 6                      Step L Back, Lock R Across In Front Of Left, Step L Back  
7, 8                        Touch R Toe Back ½ Unwind (180o) Right Take Weight On L (6.00)

## **SIDE TOGETHER, SHUFFLE FORWARD, SIDE TOGETHER, SHUFFLE BACK**

1, 2                        Big Step R To Side, Drag L Next To R  
3 & 4                      Step R Forward, Step Left Next To R, Step R Forward (R-L-R)  
5, 6                        Step L To Side, Drag R Next To L (Big Step To Side And Drag)  
7 & 8                      Step L Backward, Step R Next To L, Step L Backward (L-R-L) (6.00)

## **STEP R ACROSS L, ½ UNWIND, TAKE WEIGHT ON L, SIDE ROCK REPLACE, SAILOR, ½ TURN SAILOR**

1, 2                        Step R Across L, ½ Turn Unwind 180o Left Take Weight On L (12.00)  
3, 4                        Step Right To Side, Rock Back Onto L  
5 & 6                      Sailor: Step R Behind Left, Step L To The Side, Step R To The Side  
7 & 8                      Sailor Step Turning 180o L-R-L (6.00)

## **STEP R ACROSS L, STEP L BACK, ¼ RIGHT FORWARD-TOGETHER-FORWARD (R-L-R), FORWARD, ROCK BACK, 1 ½ TURN TRIPLE, (3.00)**

1, 2                        Step R Across L, Step L Back  
3 & 4                      Turn 900 Right, R Forward, Step L Next To R, Step R Forward (9.00)  
5, 6                        Step L Forward, Rock Back Onto Right, Turning 540 Degrees Left  
7 & 8                      Travelling Back Triple Step: L-R-L (3.00) (Easier Version Half Turn Shuffle Forward)

**[32] REPEAT DANCE IN NEW DIRECTION**

**RESTART: WALL 4, COUNT 16**

**TAG 1 :-**

**On Wall 10 - Complete First 8 Beats Then Add The Following 4 Beat Tag Before Restarting The Dance  
SIDE ROCK TOGETHER AND SIDE ROCK TOGETHER**

1, 2 & 3, 4                      Step R To Side, Rock Back On L, Step R Together, Step L To Side, Rock Back On R, Step L Together

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**Have Fun And Remember To Count And Smile! 21/05/2018**