

# How Long Has This Been Going On

**COPPER** KNOB  
BY STEPHENETS

拍數: 32                      牆數: 4                      級數: High Beginner  
編舞者: Bertha Arseneau (CAN) - September 2018  
音樂: How Long - Charlie Puth



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## Section 1: Point R, Together, Point L, Together, Point R Diagonally Back, Together, Point L Diagonally Back, Together

1,2,3,4                      Point R to R (1), step R next to L (2), point L to L (3), step L next to R (4)  
5,6,7,8                      Point R diagonal back (5), step R next to L (6), Point L diagonal back (7), step L next to R (8)  
(you can bend the knees slightly when doing the points)

## Section 2: Rock, Recover, Coaster Step, Rock, Recover, Coaster Step

1,2                          Rock RF fwd (1), recover on LF (2)  
3&4                          Step RF back (3), step LF next to RF (&), Step RF fwd (4)  
5,6                          Rock LF fwd (5), recover on RF (6)  
7&8                          Step LF back (7), step RF next to LF (7), Step LF fwd (8)

## Section 3: Step, Behind, To 1/4 Turn Right Shuffle Fwd, Shuffle Left, Rock Recover

1,2                          Step R to side (1), Step L behind R (2)  
3&4                          To 1/4 turn right, step R fwd (3), Step L next to R (&), step R fwd (4) 3:00  
5&6                          Step L to L (5), Step R next to L (&), step L to L (6)  
7,8                          Rock R back (7), recover on L (8)

## Section 4: Rock, Recover, 1/2 Turn Shuffle R, Step Pivot 1/2 Turn R, Shuffle Fwd

1,2                          Rock R fwd (1), recover on L (2),  
3&4                          To 1/2 turn R, step R fwd (3), step L next to R (&), step R fwd (4) 9:00  
5,6                          Step L fwd (5), to 1/2 turn R, step R fwd (6) 3:00  
7&8                          Step L fwd (7), step R next to L (&), step L fwd (8)

## Start Over

Restart: On wall 4 facing 9:00, after Section 2, restart

Tag and Restart on wall 9 facing 12:00

On section 2 after count 1,2,3&4,

Add Tag: Ball step on LF for &, and Restart

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