

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



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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