

How Long

COPPER KNOB
BY STEPHEN T. S.

拍數: 32 牆數: 4 級數: Improver
編舞者: Paulette Chang (USA) - June 2019
音樂: How Long - Charlie Puth



Intro: 16 counts – Restart on Wall 4 (9:00) after 16 counts (facing 9:00 again)

Sec 1: R MAMBO CROSS, L MAMBO FORWARD, R ROCK FORWARD, RECOVER L, ½ TURN SHUFFLE R

1&2, Step R to R side, recover L, cross R over L
3&4 Step L to L side, recover on R, step L forward
5, 6, R rock forward, recover L,
7&8 ½ turn shuffle to right, R,L,R

Sec 2: FULL TURN TO R, STEP L ¼ TURN R, CROSS SHUFFLE, TOUCH R TOE R, PIVOT ¼ TURN R WITH R HOOK

1,2 ½ turn right stepping back on L, ½ turn right stepping forward on R
3,4 Step L forward, ¼ turn onto R foot
5&6 Cross shuffle L over R – L,R,L
7,8 Touch R out to R side make a ¼ turn to right, pivoting on L foot, with R hook

RESTART HERE: step change option - may touch R toe next to left instead of a hook

Sec 3: FORWARD R LOCK, R LOCK STEP, STEP L ¼ TURN R, CROSS SHUFFLE

1,2 Step R forward, step L behind
3&4 Step R forward, Lock L behind, step R forward
5,6 Step L forward ¼ right onto R foot
7&8 Cross shuffle L over R – L,R,L

Sec 4: R SIDE ROCK RECOVER L, R SAILOR STEP, L ROCK FORWARD RECOVER R, L COASTER CROSS

1,2 Rock R to R, recover on L
3&4 R sweep behind, L step next to R, R step forward
5,6 Rock L forward, recover on R
7&8 L back, R back together, L cross over R
