

# How Long

COPPER KNOB  
BY STEPHEN T. C.

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

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