

# How Long (aka Over for You )

**COPPER** **KNOB**  
BY STEPHENETS

拍數: 32      牆數: 2      級數: Beginner / Improver  
編舞者: Heather-Zara Shepherd (AUS) - November 2022  
音樂: Over For You - Morgan Evans



## Two Easy Restarts

### WALK FWD RL, SHUFFLE, 1/4 TURN SHUFFLE, KICK BALL CHANGE

1,2,3&4      Walk Forward, Right, Left, Shuffle Forward, RLR  
5&6,7&8      Shuffle 1/4 to Left, (9.00) LRL, Right Kick Ball Change, Weight on Left

### SAILOR, 1/4 TURN, SAILOR, 1/4 TURN, MONTEREY-TOUCH 1/4 TURN

1&2,3&4      Sailor step, RLR, Turning 1/4 to Right, (12.00)  
Sailor step, LRL, Turning 1/4 to Right, (3.00)  
5&6,7&8      Monterey Turn - Point Right Toe to R, Step Together 1/4 Turn R, Point Left Toe to L side,  
Touch Left Toe to Right Foot. Weight on Right (6.00)

### STEP L TO L SIDE, STEP R BEHIND L, SHUFFLE-1/2 TURN, ROCK BACK, RECOVER, PIVOT-1/2 TURN

1,2,3&4      Step Left to L side, Step Right behind Left, Shuffle 1/2 Turn LRL (12.00)  
5,6,7,8      Rock Back on Right, Recover L, Pivot 1/2 Turn L, RL weight on Left (6.00)

\* Restarts on 4th and 7th Walls

### TWO 'V'S, 1/2 TURN SHUFFLES

1,2,3&4      Step Right foot forward 45 deg, Step Left foot forward 45 deg Turn 1/2 Turn L, Shuffle RLR  
(12.00)  
5,6,7&8      Step Left foot forward 45 deg, Step Right foot forward 45 deg Turn 1/2 Turn R, Shuffle LRL  
(6.00)

Variation: Beginners, No Turn with Shuffles

Variation: Improvers, Full Turn Shuffles after V's

\* Restarts -

: 4th Wall, Facing 6.00, after 1/2 Pivot Turn

: 7th Wall, Facing 12.00, after 1/2 Pivot Turn

( dance through the 3rd restart, I wanted to finish at the Front Wall. )

I hope you enjoy the dance.

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