

How Long

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jo Thompson Szymanski (USA)
音樂: How Long - Eagles



HEEL, TOGETHER 4 TIMES

- 1 - 2 Touch Right heel forward (1), Step Right foot beside Left (2).
- 3 - 4 Touch Left heel forward (3), Step Left foot beside Right (4).
- 5 - 6 Touch Right heel forward (5), Step Right foot beside Left (6).
- 7 - 8 Touch Left heel forward (7), Step Left foot beside Right (8).

VINE RIGHT, TOUCH, VINE LEFT, 1/4 TURN LEFT, TOUCH

- 1 - 2 Step Right foot to Right side (1), Step Left foot crossed behind Right (2).
- 3 - 4 Step Right foot to Right side (3), Touch Left foot beside Right (4).
- 5 - 6 Step Left foot to Left side (5), Step Right foot crossed behind Left (6).
- 7 - 8 Turn ¼ Left, step forward with Left (7), Touch Right foot beside Left (8).

DIAGONAL STEP TOUCH FORWARD, BACK, BACK, FORWARD

- 1 Step Right foot to Right front diagonal.
- 2 Touch Left foot beside Right, clap hands.
- 3 Step Left foot to Left back diagonal.
- 4 Touch Right foot beside Left, clap hands.
- 5 Step Right foot to Right back diagonal.
- 6 Touch Left foot beside Right, clap hands.
- 7 Step Left foot to Left front diagonal
- 8 Touch Right foot beside Left, clap hands.

ROCK, RECOVER, BACK, HITCH, SLOW COASTER STEP, STOMP

- 1 - 2 Rock forward with Right foot (1), Replace weight back to Left foot (2).
- 3 - 4 Step back with Right foot (3), Hitch Left knee and drop Right heel (will feel like a small hop on the right foot with the left knee up) (4).
- 5 - 6 Step back with Left foot (5), Step together with Right foot (6).
- 7 - 8 Step forward with Left foot (7), Stomp Right foot beside left keeping weight on Left foot - sometimes called a "Stomp up" (8).

Start again from the beginning.

Tag/Restart: When using the song "How Long" by the Eagles, after the 3rd wall, insert this 4-count Tag-Touch Right heel forward (1), Step Right foot beside Left (2). Touch Left heel forward (3), Step Left foot beside Right (4) and then restart the dance as normal. In other words on the 4th wall, you will do a total of 6 Heel Touches.