

# How Long

拍數: 32      牆數: 4      級數: Improver  
編舞者: Marion Gilbach (DE) - October 2007  
音樂: How Long - Eagles



## Heel switches (lead right), clap, rock forward with shimmy

1&2& Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right.  
3-4 Touch right heel forward. Clap.  
5-6 Rock forward on right and shimmy.  
7-8 Rock back onto left and shimmy.

## Heel Switches (Lead Left), Clap, Grapevine L, Scuff R

1&2& Touch left heel forward. Step left beside right. Touch right heel forward. Step right beside left.  
3-4 Touch left heel forward. Clap.  
5-6 Step left to left side. Cross right behind left.  
7-8 Step left to left side. Scuff right forward.

## Grapevine R ¼ Turn With Scuff, Rock Forward L, Coaster Step 1

1-2 Step right to right side. Cross left behind right.  
3-4 Step right ¼ turn right. Scuff left forward.  
5-6 Rock forward on left. Rock back onto right.  
7&8 Step back left. Step right beside left. Step forward left.

## Monterey ½ Turn R, Cross Shuffle L, Unwind ½ L, Stomp/Clap

1-2 Touch right to right side. On ball of left make ½ turn right, stepping right beside left.  
3-4 Touch left to left side. Step left beside right.  
5&6 Cross right over left. Step left to left side. Cross right over left.  
7-8 Unwind ½ turn left. Stomp right beside left and clap.

## Begin again

Ending: Performed after the 12th Wall on 13th Wall.

## Heel Switches (Lead Right), Clap, Rock Forward With Shimmy

1&2& Touch right heel forward. Step right beside left. Touch left heel forward. Step left beside right.  
3-4 Touch right heel forward. Clap.  
5-6 Rock forward on right and shimmy.  
7-8 Rock back onto left and shimmy.

## Heel Switches (Lead Left), Clap, Grapevine L, Scuff R

1&2& Touch left heel forward. Step left beside right. Touch right heel forward. Step right beside left.  
3-4 Touch left heel forward. Clap.  
5-6 Step left to left side. Cross right behind left.  
7-8 Step left to left side. Scuff right forward

## Grapevine R, Scuff L, Jazz Box L

1-2 Step right to right side. Cross left behind right.  
3-4 Step right to right side. Scuff left forward  
5-6 Cross left over right. Step back on right.  
7-8 Step left to left side. Close right beside left.

The End !

