

How Long

拍數: 32 牆數: 4 級數: Improver
編舞者: Jane Thorpe (UK) - October 2007
音樂: How Long - Eagles : (Album: Long Road Out Of Eden)



Start on Vocals

Side Toe Strut, Cross Toe Strut, Right Chasse, Rock, Recover

1-2 Touch right toe to right side, Drop right heel taking weight
3-4 Cross left toe over right, Drop left heel taking weight
5&6 Step right to right side, Close left beside right, Step right to right side
7-8 Rock back on left, Recover on right

Side Toe Strut, Cross Toe Strut, Left Chasse, Rock, Recover

1-2 Touch left toe to left side, Drop left heel taking weight
3-4 Cross right toe over left, Drop right heel taking weight
5&6 Step left to left side, Close right beside left, Step left to left side
7-8 Rock back on right, Recover on left

Forward Rock, Recover, Shuffle ½ Turn, Forward Rock, Recover, Coaster Step

1-2 Rock forward on right, Recover on left
3&4 Shuffle ½ turn right, stepping right, left, right
5-6 Rock forward on left, Recover on right
7&8 Step back left, Step right beside left, Step fwd left

Turn ½ Monterey, ¼ Monterey

1-2 Point right to right side, Make ½ turn right stepping right beside left
3-4 Point left to left side, Step left beside right
5-6 Point right to right side, Make ¼ turn right stepping right beside left
7-8 Point left to left side, Step left beside right

Begin again.

TAG: Danced once at the end of Wall 3 (Facing 9 o'clock, start again from 12 o'clock)

Turn ¼ Monterey

1-2 Point right to right side, Make ¼ turn right stepping right beside left
3-4 Point left to left side, Step left beside right