

# How Long

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Roz Chaplin (UK) - March 2012  
音樂: How Long - Moot Davis : (CD: Man About Town)



## 16 Count Intro

### POINT FORWARD, POINT SIDE, COASTER STEP X2

1-2      Point right forward, point right to right side  
3&4      Step back on right, step left beside right, step right forward  
5-6      Point left forward, point left to left side  
7&8      Step back on left, step right beside left, step left forward

### SHUFFLE FORWARD, SHUFFLE ½ TURN, ROCK BACK, KICK-BALL CHANGE

1&2      Step forward right, step left beside right, step forward right  
3&4      Shuffling ½ turn right stepping – left right left (6)  
5-6      Rock back on right, recover onto left  
7&8      Kick right foot forward, step right beside left, step left beside right

### CROSS ROCK, CHASSE, CROSS ROCK, CHASSE

1-2      Cross rock right over left, recover onto left  
3&4      Step right to right side, close left beside right, step right to right side  
5-6      Cross rock left over right, recover onto right  
7&8      Step left to left side, close right beside left, step left to left side

### STEP ¼ TURN, FULL TURN FORWARD, ROCK, RECOVER COASTER STEP

1-2      Step forward on right, make ¼ turn left (3)  
3-4      ½ turn back on right, ½ turn forward on left  
5-6      Rock forward on right, recover onto left  
7&8      Step back on right, step left beside right, step forward on right

### ROCK RECOVER, TRIPLE FULL TURN, STEP ¼, CROSS SHUFFLE

1-2      Rock forward on left, recover onto right  
3&4      Triple full turn stepping- left, right, left  
5-6      Step forward right ¼ turn left (12)  
7&8      Cross right over left, step left to left side, cross right over left

### SIDE, TOGETHER, HEEL BOUNCE X2

1-2      Step left to left side, close right beside left  
3-4      Lift both heels, drop heels to floor  
5-6      Step right to right side, close left beside right  
7-8      Lift both heels, drop heels to floor (taking weight to left)

### ROCK, RECOVER ½ TURN, JAZZ BOX,

1-2      Rock forward on right, recover onto left  
3-4      ½ turn right, step forward on left (6)  
5-6      Cross right over left. step back on left  
7-8      Step right to right side, step forward on left

### RIGHT KICK & POINT, LEFT KICK & POINT, ROCKING CHAIR

1&2      Kick right forward, step right beside left, point left to left side  
3&4      Kick left forward. Step left to left side, point right to right side

5-6 Rock forward on the right, recover on to the left  
7-8 Rock back on the right, recover onto the left

**Last Revision – 19th March 2012**

---