

How Long

拍數: 64 牆數: 2 級數: Intermediate
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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
