|  |  |
| --- | --- |
| How Long |  |

.

|  |
| --- |
| . |
| **Count:** | 144 | **Wall:** | 1 | **Level:** | Phrased Advanced | . |
| **Choreographer:** | Carlton Thompson (USA) - October 2017 |
| **Music:** | How Long - Charlie Puth |
| . |

**Sequence: A | B | C | A | B | C | C | D | D | B-Section 9 (Only) | TAG | B | B | B**

**Part A – Verse – 64 counts**

**Section A1:**

|  |  |
| --- | --- |
| 1&a2 | Hold, Step R ft. 45 degrees forward to the right, quick-step L ft. behind R ft., Ball-Step R ft. 45 degrees forward to the right. |

|  |  |
| --- | --- |
| 3&a4 | Hold, Step L ft. 45 degree forward to the left, quick-step R ft. behind L ft., Ball-Step L ft. 45 degrees forward to the left. |

|  |  |
| --- | --- |
| 5-6 | Cross R ft. over L ft., Step L ft. back. |

|  |  |
| --- | --- |
| 7-8 | Step R ft. to right side, Step L ft. forward |

**Section A2:**

|  |  |
| --- | --- |
| 1&2& | Cross R ft. over L ft., Step L ft. to left side, Cross R ft. behind L ft., Step L ft. to left side. |

|  |  |
| --- | --- |
| 3&4& | Cross R ft. over L ft., Step L ft. to left side, Cross R ft. behind L ft., Step L ft. to left side. |

|  |  |
| --- | --- |
| 5&6& | Touch R toe in, Step R ft. down, Touch L toe in, Step L ft. down. |

|  |  |
| --- | --- |
| 7&8& | Touch R heel forward, Step R ft. down, Touch L heel forward, Step L ft. down. |

**Section A3:**

|  |  |
| --- | --- |
| 1&a2 | Hold, Step R ft. 45 degrees forward to the right, quick-step L ft. behind R ft., Ball-Step R ft. 45 degrees forward to the right. |

|  |  |
| --- | --- |
| 3&a4 | Hold, Step L ft. 45 degree forward to the left, quick-step R ft. behind L ft., Ball-Step L ft. 45 degrees forward to the left. |

|  |  |
| --- | --- |
| 5-6 | Cross R ft. over L ft., Step L ft. back. |

|  |  |
| --- | --- |
| 7-8 | Step R ft. to right side, Step L ft. forward |

**Section A4:**

|  |  |
| --- | --- |
| 1&2& | Step R ft. to right side, Cross L ft. behind R ft., Step R ft. to right side, Cross L ft. over R ft. |

|  |  |
| --- | --- |
| 3&4& | Step R ft. to right side, Cross L ft. behind R ft., Step R ft. to right side, Cross L ft. over R ft. |

|  |  |
| --- | --- |
| 5&6& | Touch R toe in, Step R ft. down, Touch L toe in, Step L ft. down. |

|  |  |
| --- | --- |
| 7&8& | Touch R heel forward, Step R ft. down, Touch L heel forward, Step L ft. down. |

**Section A5:**

|  |  |
| --- | --- |
| 1-2 | Cross R ft. over L ft., Make ¼ turn right leading with L ft. stepping back. (3:00) |

|  |  |
| --- | --- |
| 3&4 | Step R ft. back, Step L ft. back, Step R ft. forward. |

|  |  |
| --- | --- |
| 5-6 | Make ¼ turn pivot left leading with L ft., Make ¼ turn pivot left by stepping R ft. to right side (your left leg will swing around at the same time). (9:00) |

|  |  |
| --- | --- |
| 7&8 | Step L ft. back, Step R ft. back, Step L ft. forward. |

**Section A6:**

|  |  |
| --- | --- |
| 1-2 | Step R ft. forward, Step L ft. forward |

|  |  |
| --- | --- |
| 3&4 | Step R ft. forward, Lock-Step L ft. behind R ft., Step R ft. forward. |

|  |  |
| --- | --- |
| 5-6 | Make a pivot ½ turn right by leading forward on L ft., Make a pivot ½ turn right leading with R ft. |

|  |  |
| --- | --- |
| 7&8 | Step L ft. forward, Lock-Step R ft. behind L ft., Step L ft. forward. |

**Section A7:**

|  |  |
| --- | --- |
| 1-2 | Step R ft. back, Drag L ft. next to R ft. |

|  |  |
| --- | --- |
| 3-4 | Step L ft. back, Drag R ft., next to L ft. |

|  |  |
| --- | --- |
| 5-6 | Make ½ turn right by leading with R ft., (9:00) Drag L ft. next to R ft. |

|  |  |
| --- | --- |
| 7-8 | Step L ft. forward, Drag R ft. next to L ft. |

**Section A8:**

|  |  |
| --- | --- |
| 1-2 | Step R ft. forward, Make a ¼ turn right by leading with your L ft. dragging behind R ft. (6:00) |

|  |  |
| --- | --- |
| 3-4 | Make ¼ turn right by leading with L ft. back (9:00), Make ¼ turn right by leading with your R ft. dragging in front of L ft. (12:00) |

|  |  |
| --- | --- |
| 5-6 | Ball-Step R ft. to right side (Weight is still on L ft.), Hold. |

|  |  |
| --- | --- |
| 7-8 | Sway body to the right, Sway body to the left. |

**Part B – Chorus – 32 counts**

**Section B9**

**Facing 45 degrees to the right, make the following steps**

|  |  |
| --- | --- |
| 1-2 | Step R ft. forward and pop your L heel up, Step L ft. forward and pop your R heel up. (2:00) |

|  |  |
| --- | --- |
| 3-4 | Step R ft. forward and pop your L heel up, Step L ft. forward and pop your R heel up. (2:00) |

|  |  |
| --- | --- |
| 5-6 | Mambo Step R ft. forward, Recover back on L ft. |

|  |  |
| --- | --- |
| 7-8& | Mambo Step R ft. back, Rock-step L ft. back, Recover forward on R ft. |

**Section B10:**

|  |  |
| --- | --- |
| 1-2& | Make ¼ turn left by crossing L ft. over R ft., Rock R ft. to right side, Recover forward on L ft. |

|  |  |
| --- | --- |
| 3-4& | Cross R ft. over L ft., Rock L ft. back, Recover forward on R ft. |

|  |  |
| --- | --- |
| 5-6& | Cross L ft. over R ft., Lift right knee up and swing R ft. to right side, Swing R ft. to the left. (“6&” Optional Step: Point R ft. to right side, Point R ft. forward) |

|  |  |
| --- | --- |
| 7-8 | Step R ft. forward, Step L ft. forward (10:00) |

**Section B11:**

|  |  |
| --- | --- |
| 1-2 | Step pivot ½ left leading with R ft., Step L ft. forward. (4:00) |

|  |  |
| --- | --- |
| 3-4 | Step R ft. forward, Step L ft. forward. |

|  |  |
| --- | --- |
| 5-6 | Mambo Step R ft. forward, Recover back on L ft. |

|  |  |
| --- | --- |
| 7-8& | Mambo Step R ft. back, Rock-step L ft. back, Recover forward on R ft. |

**Section B12:**

|  |  |
| --- | --- |
| 1-2& | Cross L ft. over R ft., Rock R ft. back, Recover forward on L ft. |

|  |  |
| --- | --- |
| 3-4& | Cross R ft. over L ft., Rock L ft. back, Recover forward on R ft. |

|  |  |
| --- | --- |
| 5-6& | Cross L ft. over R ft., Lift right knee up and swing R ft. to right side, Swing R ft. to the left. (12:00) |

|  |  |
| --- | --- |
| 7-8 | Step R ft. forward, Step L ft. forward (12:00) |

**Part C – 16 counts**

**Section C13:**

|  |  |
| --- | --- |
| 1-2 | Rock R ft. forward, Recover back on L ft. |

|  |  |
| --- | --- |
| 3&4 | 1 full turn right by making three steps – R, L, R. |

|  |  |
| --- | --- |
| 5-6 | Rock L ft. forward, Recover back on R ft. |

|  |  |
| --- | --- |
| 7&8 | 1 full turn left by making three steps – L, R, L. |

**Section C14:**

|  |  |
| --- | --- |
| 1-2 | Rock R ft. forward, Recover back on L ft. |

|  |  |
| --- | --- |
| 3&4 | 1 full turn right by making three steps – R, L, R. |

|  |  |
| --- | --- |
| 5-6 | Cross L ft. over R ft., Step R ft. back. |

|  |  |
| --- | --- |
| 7-8 | Step L ft. to left side, Toe-Touch R ft. next to L ft. |

**Part D – Interlude (Same Steps as Part A, Section 7 and 8) 32 counts**

**Section D15:**

|  |  |
| --- | --- |
| 1-2 | Make ¼ turn right by stepping R ft. back (9:00), Drag L ft. next to R ft. |

|  |  |
| --- | --- |
| 3-4 | Step L ft. back, Drag R ft., next to L ft. |

|  |  |
| --- | --- |
| 5-6 | Make ½ turn right by leading with R ft., (3:00) Drag L ft. next to R ft. |

|  |  |
| --- | --- |
| 7-8 | Step L ft. forward, Drag R ft. next to L ft. |

**Section D16:**

|  |  |
| --- | --- |
| 1-2 | Step R ft. forward, Make a ¼ turn right by leading with your L ft. dragging behind R ft. (6:00) |

|  |  |
| --- | --- |
| 3-4 | Make ¼ turn right by leading with L ft. back (9:00), Make ¼ turn right by leading with your R ft. dragging in front of L ft. (12:00) |

|  |  |
| --- | --- |
| 5-6 | Ball-Step R ft. to right side (Weight is still on L ft.), Hold. |

|  |  |
| --- | --- |
| 7-8 | Sway body to the right, Sway body to the left. |

**Section D17:**

|  |  |
| --- | --- |
| 1-2 | Step R ft. back, Drag L ft. next to R ft. |

|  |  |
| --- | --- |
| 3-4 | Step L ft. back, Drag R ft., next to L ft. |

|  |  |
| --- | --- |
| 5-6 | Make ½ turn right by leading with R ft., (3:00) Drag L ft. next to R ft. |

|  |  |
| --- | --- |
| 7-8 | Step L ft. forward, Drag R ft. next to L ft. |

**Section D18:**

|  |  |
| --- | --- |
| 1-2 | Step R ft. forward, Make a ¼ turn right by leading with your L ft. dragging behind R ft. (12:00) |

|  |  |
| --- | --- |
| 3-4 | Make ¼ turn right by leading with L ft. back (3:00), Make ¼ turn right by leading with your R ft. dragging in front of L ft. (6:00) |

|  |  |
| --- | --- |
| 5-6 | Ball-Step R ft. to right side (Weight is still on L ft.), Hold. |

|  |  |
| --- | --- |
| 7-8 | Sway body to the right, Sway body to the left. |

**Note: After Part D, you will start again on Part B (Chorus) by Cross-Stepping R ft. over L ft. to face 2:00 (2:00)**

**TAG:**

|  |  |
| --- | --- |
| 1-2 | (Keep weight on R ft.) Sway body, Sway Body |

|  |  |
| --- | --- |
| 3-4& | Sway body, Rock-step L ft. back, Recover forward on R ft. |

**Facebook: www.facebook.com/cthompsonchoreo**

**YouTube: Search Under “Carlton Thompson”**

**Last Update – 18th Nov. 2017**