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.

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