Compte: 144
Mur: 1
Niveau: Phrased Advanced
Chorégraphe: Carlton Thompson (USA) - October 2017
Musique: How Long - Charlie Puth


## Sequence: $\mathrm{A}|\mathrm{B}| \mathrm{C}|\mathrm{A}| \mathrm{B}|\mathrm{C}| \mathrm{C}|\mathrm{D}| \mathrm{D} \mid \mathrm{B}-$ Section 9 (Only) |TAG|B|B|B

## Part A - Verse - 64 counts

## Section A1:

1\&a2
3\&a4
5-6
7-8

## Section A2:

1\&2\&
3\&4\&
5\&6\&
7\&8\&

## Section A3:

1\&a2
3\&24
3\&a4
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:

## Section A5:

1-2
$3 \& 4$
5-6
7\&8

## Section A6:

788 degrees forward to the right. degrees forward to the left. Touch R toe in, Step R ft. down, Touch L toe in, Step L ft. down.

Step R ft. back, Step L ft. back, Step R ft. forward. (your left leg will swing around at the same time). (9:00)
Step L ft. back, Step R ft. back, Step L ft. forward.

Step R ft. forward, Step L ft. forward
Step R ft. forward, Lock-Step L ft. behind R ft., Step R ft. forward. ft .

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.
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.
Cross R ft. over L ft., Step L ft. back.
Step R ft. to right side, Step L ft. forward

Cross $R$ ft. over $L$ ft., Step $L$ ft. to left side, Cross $R$ ft. behind $L$ ft., Step $L$ ft. to left side. Cross R ft. over L ft., Step L ft. to left side, Cross R ft. behind L ft., Step L ft. to left side. Touch R toe in, Step R ft. down, Touch L toe in, Step L ft. down.
Touch R heel forward, Step R ft. down, Touch L heel forward, Step L ft. down.

Hold, Step R ft. 45 degrees forward to the right, quick-step L ft. behind R ft., Ball-Step R ft. 45
Hold, Step L ft. 45 degree forward to the left, quick-step R ft. behind L ft., Ball-Step L ft. 45

Step $R \mathrm{ft}$. to right side, Cross $L$ ft. behind $R \mathrm{ft}$., Step $R \mathrm{ft}$. to right side, Cross $L \mathrm{ft}$. over Rft . Step $R$ ft. to right side, Cross $L$ ft. behind $R \mathrm{ft}$., Step $R \mathrm{ft}$. to right side, Cross $L$ ft. over R ft.

Touch R heel forward, Step R ft. down, Touch L heel forward, Step L ft. down.

## Section A7:

1-2
Step R ft. back, Drag L ft. next to R ft.
3-4
Cross $R$ ft. over $L$ ft., Make $1 / 4$ turn right leading with $L$ ft. stepping back. (3:00)
Make $1 / 4$ turn pivot left leading with $L$ ft., Make $1 / 4$ turn pivot left by stepping $R \mathrm{ft}$. to right side

Make a pivot $1 / 2$ turn right by leading forward on $L$ ft., Make a pivot $1 / 2$ turn right leading with $R$
Step L ft. forward, Lock-Step R ft. behind L ft., Step L ft. forward.

Step Lft. back, Drag R ft., next to Lft.

## Section A8:

1-2
3-4

5-6
7-8

Step $R$ ft. forward, Make a $1 / 4$ turn right by leading with your $L$ ft. dragging behind $R \mathrm{ft}$. (6:00) Make $1 / 4$ turn right by leading with $L$ ft. back ( $9: 00$ ), Make $1 / 4$ turn right by leading with your $R$ ft . dragging in front of $L \mathrm{ft}$. $12: 00$ )
Ball-Step R ft. to right side (Weight is still on $L$ ft.), Hold.
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 $\quad$ 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 Lft.
7-8\& Mambo Step R ft. back, Rock-step L ft. back, Recover forward on R ft.

## Section B10:

1-2\& Make $1 / 4$ turn left by crossing $L$ ft. over $R \mathrm{ft}$., Rock $R \mathrm{ft}$. to right side, Recover forward on $L \mathrm{ft}$.
3-4\& Cross R ft. over Lft., Rock Lft. back, Recover forward on $R$ ft.
5-6\& Cross L ft. over $R$ ft., Lift right knee up and swing $R \mathrm{ft}$. 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 $\quad$ Step pivot $1 / 2$ left leading with $R$ ft., Step $L$ ft. forward. (4:00)
3-4 $\quad$ 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 Lft., Rock Lft. back, Recover forward on $R \mathrm{ft}$.
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.
$3 \& 41$ full turn right by making three steps $-R, L, R$.
5-6 Rock $L$ ft. forward, Recover back on $R \mathrm{ft}$.
7\&8 $\quad 1$ 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 $R f t$. back.
7-8 Step $L$ ft. to left side, Toe-Touch $R \mathrm{ft}$. next to $L \mathrm{ft}$.
Part D - Interlude (Same Steps as Part A, Section 7 and 8) 32 counts
Section D15:
1-2 Make $1 / 4$ turn right by stepping $R \mathrm{ft}$. back (9:00), Drag $L \mathrm{ft}$. next to $R \mathrm{ft}$.
3-4 Step $L$ ft. back, Drag $R$ ft., next to $L$ ft.
5-6 Make $1 / 2$ turn right by leading with $R \mathrm{ft}$., (3:00) Drag $L \mathrm{ft}$. next to $R \mathrm{ft}$.

## Section D16:

1-2 $\quad$ Step $R \mathrm{ft}$. forward, Make a $1 / 4$ turn right by leading with your $L \mathrm{ft}$. dragging behind Rft (6:00)
3-4 Make $1 / 4$ turn right by leading with $L$ ft. back (9:00), Make $1 / 4$ turn right by leading with your $R$ ft . dragging in front of $L \mathrm{ft}$. $(12: 00)$
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 $R \mathrm{ft}$.
3-4 Step $L$ ft. back, Drag $R \mathrm{ft}$., next to $L \mathrm{ft}$.
5-6 Make $1 / 2$ turn right by leading with $R \mathrm{ft}$., (3:00) Drag $L \mathrm{ft}$. next to Rft .
7-8 Step $L$ ft. forward, Drag $R \mathrm{ft}$. next to $L \mathrm{ft}$.

## Section D18:

1-2 Step $R$ ft. forward, Make a $1 / 4$ turn right by leading with your $L$ ft. dragging behind $R \mathrm{ft}$. (12:00)
3-4
5-6 Ball-Step $R \mathrm{ft}$. to right side (Weight is still on $L \mathrm{ft}$.), 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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