Compte: 80
Mur: 1
Niveau: Phrased Improver
Chorégraphe: Mitzi Day (USA) - June 2018
Musique: How Long - Charlie Puth

\section*{Sequence: AA-BB-CC-D-AA-BB-CC-DD-BB--C bridge C-DD \\ Note: don' $t$ let the phrasing scare you. There is a lot of repetition and I promise you can teach this in ten minutes. \\ Phrase A : Every time for the verse. Jump up hold. Jump back hold. Step right forward $1 / 2$ pivot. Step right forward $1 / 2$ pivot. Triple forward $1 / 2$ pivot, triple forward $1 / 2$ pivot. Repeat. \\ | 1-2-3-4 | Jump forward hold. Jump back hold. <br> $5-6-7-8$ |
| :--- | :--- |
| Step right foot forward and pivot $1 / 2$ over left. Step right foot forward and pivot $1 / 2$ over <br> left.(12:00) |  |
| $1 \& 2$ | Travel forward right foot ,step ball of left beside it, step right forward. <br> $3-4$ |
| Step left forward and pivot over right $1 / 2$ turn(6:00) |  |
| $5 \& 6$ | Travel forward stepping on left foot, then ball of right foot, then step on left foot. |
| $7-8$ | Step forward on right foot and pivot $1 / 2$ over left (12:00) |}

Now repeat all 16 counts. This is your 32 ct phrase A
Phrase B : 16 cts. dance this every time the lyrics say,"She says,".
Weave $R$ side , behind ,side, front,side touch $L$, step scuff and turn $1 / 2$. repeat those 8 counts for phrase $B$.
1-2-3-4 Step right to right side, step left behind right foot, step right to right side, step left foot in front of right foot.
5-6-7-8 Step right to right side, touch left toe to inside of right foot, step down on left foot, turn $1 / 2$ and scuff right foot leaving weight on left.

Repeat those 8 counts to face front wall. This is your 16 ct B
Phrase C: 16 cts. this is danced every time the lyrics say," How long...." .
V step, rocking chair, step touch kick ball change, step touch kick ball change.
1-2-3-4 Step right foot at right diagonal, left foot to left diagonal, step right back to original position,step left back beside it.(12:00)
5-6-7-8 Step right foot forward, put weight on left foot without changing position of left foot, step right foot back, put weight on left foot without changing left foot position.(12:00)

1-2-3\&4 Big step to right,(1)touch left to inside of right foot, (2)kick left foot,(3) put weight on ball of left (\&)foot,replace weight to right foot.(12:00)
5-6-7\&8 Big step to left, touch right to to left instep, kick right foot, place weight on right ball, place weight on left foot.

Repeat these 16 cts. this makes phrase C a 32 ct phrase.
Bridge: when Charlie sings," how long has this been going oooooooonnn" when he is holding that note 2 cts do an additional rocking chair after the other rocking chair. this is on the last C phrase.

Phrase D: the lyrics say," 00000000" 16 ct. Wizard right, wizard left, $1 / 4$ turn, $1 / 4$ turn. repeat.
1-2\& Step right foot diagonal, place ball of left foot behind, step on right foot.
3-4\& Step left foot diagonal, place ball of right foot behind, step on left foot.
$5-6-7-8 \quad$ Step right forward and turn 1/4. Step right forward and turn 1/4.(6:00)
Repeat these 8 cts. this makes phrase D a 16 ct and ends up at front wall.

Thanx for reading this stepsheet. The dance is so very easy and the stepsheet so difficult!!! Contact: mitziandd@gmail.com

