Compte: 64 Mur: 4 Niveau: Intermediate
Chorégraphe: Gaye Teather (UK) - October 2007
Musique: How Long - Eagles : (CD: Long Road Out Of Eden)

## Dance rotates in CCW direction

Intro: 24 counts
Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold \& clap

| $1-2$ | Rock Right to Right side. Recover onto Left |
| :--- | :--- |
| $3 \& 4$ | Cross Right over Left. Step Left to Left. Cross Right over Left |
| $5-6$ | Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side |
| (Facing 6 o'clock $)$ <br> $7-8$ Cross Left over Right. Hold and clap |  |

Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold \& clap
1-2 Rock Right to Right side. Recover onto Left
3\&4 Cross Right over Left. Step Left to Left. Cross Right over Left
5-6 Quarter turn Right stepping back on Left. Quarter turn Right stepping Right to Right side
(Facing 12 o'clock)
7-8 Cross Left over Right. Hold and clap
Forward rock. Walk back Right. Left. Back rock. Forward Right. Touch
1-4 Rock forward on Right. Recover onto Left. Walk back Right. Left
5-8 Rock back on Right. Recover onto Left. Step forward on Right. Touch Left beside Right
Rock (x 4). Jazz box. Touch
1-4 Step Left to Left rocking weight onto Left. Rock onto Right. Rock onto Left. Rock onto Right
5-8 Cross Left over Right. Step back on Right. Step Left to Left. Touch Right beside Left
** Add the 4 count tag here during wall 2 (see below) and start dance again from the beginning
Chasse Right. Back rock. Kick ball cross. Kick ball cross
$1 \& 2 \quad$ Step Right to Right side. Step Left beside Right. Step Right to Right
3-4 Rock back on Left. Recover onto Right
5\&6 Kick Left forward. Step Left beside Right. Cross Right over Left
7\&8 Kick Left forward. Step Left beside Right. Cross Right over Left
Angle body slightly towards Left diagonal during counts 5\&6, 7\&8
Chasse Left. Back rock. Kick ball cross. Kick ball cross
1\&2 Step Left to Left side. Step Right beside Left. Step Left to Left
3-4 Rock back on Right. Recover onto Left
5\&6 Kick Right forward. Step Right beside Left. Cross Left over Right
7\&8 Kick Right forward. Step Right beside Left. Cross Left over Right
Angle body slightly towards Right diagonal during counts 5\&6, 7\&8
Quarter Right. Half Right. Back rock. Full turn Left (travelling forward). Walk. Walk
1-2 Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left
3-4 Rock back on Right. Recover onto Left
5-6 Half turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o'clock)
7-8 Walk forward Right. Left

Heel switches (x 3). Clap. Hip bumps forward (x 2) Hip bumps back (x 2)
1\&2\& Touch Right heel forward. Step Right beside Left. Touch Left heel forward. Step Left beside Right
3-4 Touch Right heel forward. Hold \& clap
5\&6 Bump hips forward twice
7\&8
Bump hips back twice
Start again
Tag: Danced at the end of section 4 during wall 2 . Then re-start from beginning
Side Right. Touch. Side Left. Touch
1-4
Step Right to Right. Touch Left beside Right. Step Left to Left. Touch Right beside Left
Beginner split: "How Long" by Jo Thompson to the same track. Ideal for floor splits

