

# How Long Has This Been Going On

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Low Improver  
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音乐: How Long - Charlie Puth



Intro: 16 Counts. Start at approx 10 secs.

## SEC 1 STEP, TOGETHER, TWIST X2, HEEL BOUNCE X2, SAILOR

1-2      Long step forward on Left foot, Right next to Left  
3-4      Twist heels to Left, Return heels to centre  
5-6      Bounce heels twice (Weight on L)  
7&8      Right behind Left, Left to Left side, Right to Right side

Bridge Here on Wall 10

## SEC 2 CROSS ROCK, CHASSE ¼, WEAVE, HEEL, STEP

1-2      Cross Rock Left over Right, Recover onto Right  
3&4      Left to Left side, Right next to Left, Left to Left side with ¼ turn Left  
5&6&      Cross Right over Left, Left to Left side, Right behind Left, Left to Left side  
7-8      Right heel to Right side, Step Right foot down

Restart Here on Wall 4

## SEC 3 CROSS, SIDE, SAILOR POINT, MONTEREY ½, SAILOR

1-2      Cross Left over Right, Right to Right side  
3&4      Left behind Right, Right to Right side, Point Left to Left side  
5-6      ½ turn Left returning Left next to Right, Point Right to Right side  
7&8      Right behind Left, Left to Left side, Right to Right side

## SEC 4 WALK, WALK, MAMBO, BACK, BACK, COASTER

1-2      Walk forward Left, Walk forward Right  
3&4      Left foot forward, Right foot forward, Left foot back  
5-6      Walk back Right, Walk back Left  
7&8      Right foot back, Left foot back, Right foot forward

Bridge After 8 Counts of Wall 10, Dance the following then continue from SEC 2

## JAZZBOX

1-2      Cross left over right, right back  
3-4      Left to left side, right next to left