拍數： 64
牆數： 2
級數：Intermediate
編舞者：Neville Fitzgerald（UK）\＆Julie Harris（UK）－October 2017
音樂：How Long－Charlie Puth ：（Single－iTunes）

## Start： 16 Counts on Vocals．

## S1：Side Rock \＆Side Together，Cross，1／4，1／2 Shuffle．

1－2\＆Rock to Left side on Left，recover on Right，step Left next to Right．
3－4 Step Right large step to Right side，drag \＆step Left next to Right
5－6 Cross step Right over Left，make $1 / 4$ turn to Right stepping back on Left
7\＆8 $\quad 1 / 4$ turn Right stepping Right to Right side，step Left next to Right， $1 / 4$ turn Right stepping forward on Right．（9．00）

S2：Rock Recover \＆Walk，Walk，Step，1／2，1／4 Sailor Cross．

| 1－2\＆ | Rock forward on Left，recover on Right，step Left next to Right． |
| :--- | :--- |
| 3－4 | Walk forward Right－Left |
| $5-6$ | Step forward on Right，make 1／2 turn Right stepping back on Left |
| $7 \& 8$ | Sweep \＆cross step Right behind Left，make 1／4 turn Right stepping Left to Left side，cross <br> step Right over Left．（6．00） |

S3：1／4，Touch，Side，Touch， $1 / 4$ Chasse，Mambo Step．
1－2 Make 1／4 turn Left stepping forward on Left，touch Right next to Left．（3．00）
3－4 Step Right to Right side，touch Left next to Right．
5\＆6 Make 1／4 turn to Left stepping Left to Left side，step Right next to Left，step Left to side． （12．00）
7\＆8 Rock forward on Right，recover on Left，step Right next to Left．
S4：Walk，Walk，Anchor Step，Sweep Step，Sweep Step， $1 / 4$ Sweep Behind．．
1－2 Walk forward Left，Right．
3\＆4 Lock／Rock Left behind Right，recover forward on Right，step slightly back on Left．
5－6 Sweep Right from front to back \＆step back on it．Sweep Left from front to back \＆step back on it．
7－8 Keep weight on Left as you sweep Right from front to back，carry the sweep on as you turn $1 / 4$ to Right and step Right slightly behind Left slightly sitting into Right．（3：00）

S5：Walk Walk Bump，Bump， $1 / 2$ Bump，Bump，Walk，Walk．
1－2 Walk forward Left－Right．
3－4 Bump Left hip forward twice．（weight on Left）
5－6 Make 1／2 to Right bumping Right hip forward，bump Right hip forward．（taking weight on Right．
7－8 Walk forward Left－Right．）．（9．00）
S6：Rock，Rock，Shuffle Step， $1 / 4$ Rock，Recover，Behind，Side，Cross．
1－2 Rock forward on Left（use hips），recover on Right．
$3 \& 4$ Step forward on Left，step Right next to Left，step forward on Left．
5－6 Make $1 / 4$ turn to Left rocking Right to Right side，recover on Left．（6．00）
$7 \& 8 \quad$ Cross step Right behind Left，step Left to Left side，cross step Right over Left．
S7：Side Rock，Recover，Behind 1／4 Step，Rock，Recover，Back，1／4 Sweep．
1－2 Rock Left to Left side，recover on Right，
3\＆4 Cross step Left behind Right，make 1／4 turn Right stepping forward on Right，step forward on Left．（9．00）

7-8 Step back on Right, sweep Left from front to back into $1 / 4$ turn to Left keeping weight on Right. (6.00)

## S8: Coaster Step, Out, Out, Ball Cross, Side, Drag, Ball Cross.

1\&2 Step back on Left, step Right next to Left, step forward on Left.
3-4 Step Right out slightly forward diagonal Right, step Left out to Left side.
\&5-6
7\&8
Step Right next to Left, cross step Left over Right, step Right large step to Right side Drag Left towards Right, step Left next Right, cross step Right over Left. (6.00)

Restart on Wall 2
Dance Up To \& Including Count 48... Then Restart From Beginning.
TAG: Wall 5 - Dance Up To \& Including Count 40.. Then Add 4 Count Tag.
1/4 Sway, Sway, Sway, Sway.
1-2 Make 1/4 turn to Right swaying hips to Left, sway hips Right.
3-4 Sway hips Left, sway Hips Right (weight on Right).
Restart from the Beginning.

