

How Long Has This Been Going On

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4
編舞者: Daniel Exton (UK) - May 2025
音樂: 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