

# How Long

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**Count:** 64      **Wall:** 2      **Level:** Intermediate

**Choreographer:** Roz Chaplin

**Music:** How Long – Moot Davis. CD: Man About Town (98bpm)

## 16 Count Intro

### POINT FORWARD, POINT SIDE, COASTER STEP X2

- 1-2      Point right forward, point right to right side
- 3&4      Step back on right, step left beside right, step right forward
- 5-6      Point left forward, point left to left side
- 7&8      Step back on left, step right beside left, step left forward

### SHUFFLE FORWARD, SHUFFLE ½ TURN, ROCK BACK, KICK-BALL CHANGE

- 1&2      Step forward right, step left beside right, step forward right
- 3&4      Shuffling ½ turn right stepping – left right left (6)
- 5-6      Rock back on right, recover onto left
- 7&8      Kick right foot forward, step right beside left, step left beside right

### CROSS ROCK, CHASSE, CROSS ROCK, CHASSE

- 1-2      Cross rock right over left, recover onto left
- 3&4      Step right to right side, close left beside right, step right to right side
- 5-6      Cross rock left over right, recover onto right
- 7&8      Step left to left side, close right beside left, step left to left side

### STEP ¼ TURN, FULL TURN FORWARD, ROCK, RECOVER COASTER STEP

- 1-2      Step forward on right, make ¼ turn left (3)
- 3-4½ turn back on right, ½ turn forward on left**
- 5-6      Rock forward on right, recover onto left
- 7&8      Step back on right, step left beside right, step forward on right

### ROCK RECOVER, TRIPLE FULL TURN, STEP ¼, CROSS SHUFFLE

- 1-2      Rock forward on left, recover onto right

- 3&4** Triple full turn stepping- left, right, left
- 5-6** Step forward right ¼ turn left (12)
- 7&8** Cross right over left, step left to left side, cross right over left

### **SIDE, TOGETHER, HEEL BOUNCE X2**

- 1-2** Step left to left side, close right beside left
- 3-4** Lift both heels, drop heels to floor
- 5-6** Step right to right side, close left beside right
- 7-8** Lift both heels, drop heels to floor (taking weight to left)

### **ROCK, RECOVER ½ TURN, JAZZ BOX,**

- 1-2** Rock forward on right, recover onto left
- 3-4½ turn right, step forward on left (6)**
- 5-6** Cross right over left. step back on left
- 7-8** Step right to right side, step forward on left

### **RIGHT KICK & POINT, LEFT KICK & POINT, ROCKING CHAIR**

- 1&2** Kick right forward, step right beside left, point left to left side
- 3&4** Kick left forward. Step left to left side, point right to right side
- 5-6** Rock forward on the right, recover on to the left
- 7-8** Rock back on the right, recover onto the left

### **Last Revision - 19th March 2012**