

# How Long

Music: How Long by The Eagles

Album: Long Road Out Of Eden

Choreographer: Judith Campbell "Hooked on Country" NZ

64 Count – 4 Wall – 4 Counts tag – May 2008

Website: [www.hookedoncountry.co.nz](http://www.hookedoncountry.co.nz)

Intro: 24 Counts

**Beats: Steps:**

**1 – 8 CROSS ROCK – RECOVER – SIDE SHUFFLE TO R - CROSS ROCK – RECOVER – SIDE SHUFFLE TO L**

1 2 3&4 Cross/step R over L, recover back onto L, side shuffle to R side (RLR)

5 6 7&8 Cross/step L over R, recover back onto R, side shuffle to L side (LRL) (12:00)

**9 – 16 STEP – 1/2 PIVOT L – SHUFFLE FWD – SIDE ROCK RECOVER CROSS – STEP FWD – TAP**

1 2 3&4 Step fwd on R, 1/2 pivot turn to L, shuffle fwd on R (RLR) (6:00)

5&6 7 8 Rock L out to L side, recover onto R ft (&), step L across in front of R, step R fwd, tap L next to R

**17 – 24 STEP LOCK - SHUFFLE FWD (all on diagonal L) – STEP R SIDE & TAP L ft – STEP L SIDE & TAP R ft**

1 2 3&4 Step L fwd 45 L, lock R behind L, shuffle L fwd still on 45L (LRL) (4:00)

4 5 6 7 8 Step R to R side, tap L next to R and clap, step L to L side, tap R next to L and clap (6:00)

**25 – 32 TWO 1/2 MONTEREYS TO R**

1 2 3 4 Touch/tap R ft out to R side, turning a 1/2 to R dragging R ft in next to L ft, touch L ft to L side, Close L ft next to R. (12:00)

5 6 7 8 Touch/tap R ft out to R side, turning a 1/2 to R dragging R ft in next to L ft, touch L ft to L side, Close L ft next to R. (6:00) \*\*

**33 – 40 ROCK R FWD – RECOVER L BK – SHUFFLE BACK (RLR) – TWO STRUTS BACK L,R**

1 2 3&4 Rock fwd on R ft, recover back onto L, Shuffle back on R (RLR)

5 6 7 8 Strutting back on L toe heel, R toe heel (6:00)

**41 - 44 ROCK L BACK – RECOVER FWD ON R – SHUFFLE FWD (LRL)**

1 2 3&4 Rock back on L ft, recover fwd onto R ft, shuffle fwd on L (LRL) (6:00)

**45 – 48 turning 1/2 to L TOE HEEL STRUT R BACK – turning 1/2 to L TOE HEEL STRUT FWD ON L (full turn)**

5 6 Turning 1/2 to L strut back on R ft toe heel, (12:00)

7 8 Turning 1/2 to L strut fwd on R toe heel. (6:00)

**49 – 56 STOMP HOLD – TWO HEEL TAPS R Ft – STOMP HOLD – TWO HEEL TAPS L Ft**

1 2 3 4 Stomp R ft out to 45R (taking arms out to sides 45) do 3 heel taps on R ft (2:00)

5 6 7 8 Stomp L ft out to 45L (taking arms out to sides 45) do 3 heel taps on L ft (10:00)

**57 – 60 FOUR BOOGIE WALKS (swivel steps) RLRL –**

1 2 Step R ft fwd toes turned out to R, swiveling on R ball of foot step fwd on L ft toes turned out to L side

3 4 Step R ft fwd toes turned out to R, swiveling on R ball of foot step fwd on L ft toes turned out to L side

**61 – 64 STEP FWD on Rft - turning L keeping feet in place swivel a 1/4 WITH SHOULDER SHIMMIES**

5 6 7 8 Step fwd on R ft, swivel on both feet turning a 1/4 to L using shoulders to shimmy (3:00)

**64 (weight on L ft) - Repeat dance in new direction**

**\*\* Tag: On wall two Dance up to count 32 \*\* than add:**

1 2 3 4 4 heel taps with R heel & clicks finger off R hand –

**Continue on with the dance from count 33**

Thanks Claire from Middlemarch for asking me to choreograph a dance to this music. I hope you enjoy it !!!