

HOW LONG

32 count, 4 wall, beginner level

Choreographer: Jo Thompson Szymanski (USA) Sept 2007

Choreographed to: How Long by The Eagles, CD: Long Road Out Of Eden;

One Foot In Front Of The Other by George Strait; Lipstick,

Powder & Paint by Delbert McClinton, Ultimate Collection;

Choo Choo Ch'boogie by Asleep At The Wheel (162 bpm)

HEEL, TOGETHER 4 TIMES

- 1-2 Touch right heel forward, step right foot together
- 3-4 Touch left heel forward, step left foot together
- 5-6 Touch right heel forward, step right foot together
- 7-8 Touch left heel forward, step left foot together

VINE RIGHT, TOUCH, VINE LEFT, TURN ¼ LEFT, TOUCH

- 1-2 Step right foot to right side, step left foot crossed behind right
- 3-4 Step right foot to right side, touch left foot together
- 5-6 Step left foot to left side, step right foot crossed behind left
- 7-8 Turn ¼ left and step forward with left, touch right foot together

DIAGONAL STEP TOUCH FORWARD, BACK, BACK, FORWARD

- 1 Step right foot to right front diagonal
- 2 Touch left foot together, clap hands
- 3 Step left foot to left back diagonal
- 4 Touch right foot together, clap hands
- 5 Step right foot to right back diagonal
- 6 Touch left foot together, clap hands
- 7 Step left foot to left front diagonal
- 8 Touch right foot together, clap hands

ROCK, RECOVER, BACK, HITCH, SLOW COASTER STEP, STOMP

- 1-2 Rock forward with right foot, recover back to left foot
- 3-4 Step back with right foot, hitch left knee and drop right heel
(will feel like a small hop on the right foot with the left knee up)
- 5-6 Step back with left foot, step together with right foot
- 7-8 Step forward with left foot, stomp right foot together keeping weight on left foot
Sometimes called a "stomp up"

TAG: When using the song "How Long" by The Eagles, after the 3rd wall, insert this 4-count tag

- 1-4 Touch right heel forward, step right foot together.
Touch left heel forward, step left foot together

Then restart the dance as normal. In other words on the 4th wall, will do a total of 6 heel touches

you