

EAGLES ROCK

Intermediate: 4 Wall Line Dance (64 counts + 1 tag/re-start **)
Gaye Teather (UK)
Eagles (140 bpm. 24 count intro)CD: Long Road Out Of Eden.

Choreographer:
Music: "How Long" by The
Also available as single download

Dance rotates in CCW direction

Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold & clap

1 – 2 Rock Right to Right side. Recover onto Left
3&4 Cross Right over Left. Step Left to Left. Cross Right over Left
5 – 6 Quarter turn Right stepping back on Left.
Quarter turn Right stepping Right to Right side (Facing 6 o'clock)
7 – 8 Cross Left over Right. Hold and clap

Side rock. Cross shuffle. Quarter turn Right (x 2). Cross. Hold & clap

2 Rock Right to Right side. Recover onto Left
Cross Right over Left. Step Left to Left. Cross Right over Left
turn Right stepping back on Left.
stepping Right to Right side (Facing 12 o'clock) 7 – 8 Cross Left over Right. Hold and
clap

1 –

3&4

5 – 6 Quarter

Quarter turn Right

Forward rock. Walk back Right. Left. Back rock. Forward Right. Touch

4 Rock forward on Right. Recover onto Left. Walk back Right. Left
back on Right. Recover onto Left. Step forward on Right.
beside Right

1 –

5 – 8 Rock

Touch Left

Rock (x 4). Jazz box. Touch

1 – 4 Step Left to Left rocking weight onto Left. Rock onto Right. Rock onto Left.
Rock onto Right
5 – 8 Cross Left over Right. Step back on Right. Step Left to Left.
Right beside Left

Touch

** Add the 4 count tag here during wall 2 (see below) and
dance again from the beginning

start

Chasse Right. Back rock. Kick ball cross. Kick ball cross

1&2 Step Right to Right side. Step Left beside Right. Step Right to Right
3 – 4 Rock back on Left. Recover onto Right
5&6 Kick Left forward. Step Left beside Right. Cross Right over Left
7&8 Kick Left forward. Step Left beside Right. Cross Right over Left
Angle body slightly towards Left diagonal during counts 5&6, 7&8

Chasse

Left. Back rock. Kick ball cross. Kick ball cross

Left side. Step Right beside Left. Step Left to Left
Right. Recover onto Left
beside Left. Cross Left over Right
Cross Left over Right
counts 5&6, 7&8

1&2 Step Left to

3 – 4 Rock back on

5&6 Kick Right forward. Step Right

7&8 Kick Right forward. Step Right beside Left.
Angle body slightly towards Right diagonal during

EAGLES ROCK CONT'D

Quarter Right. Half Right. Back rock. Full turn Left (travelling forward). Walk. Walk

2 Quarter turn Right stepping forward on Right.
Right stepping back on Left
on Right. Recover onto Left
back on Right. Half turn Left stepping forward on Left

1 –

Half turn

3 – 4 Rock back

5 – 6 Half turn Left stepping

(Facing 9 o'clock)

7 – 8 Walk forward Right. Left

Heel switches (x 3). Clap. Hip bumps forward (x 2) Hip bumps back (x 2)

1&2& Touch Right heel forward. Step Right beside Left. Touch Left heel forward.
beside Right

Step Left

3 – 4 Touch Right heel forward. Hold & clap

5&6 Bump hips forward twice

7&8 Bump hips back twice

Start again

Tag: Danced at the **end of section 4 during wall 2**. Then re-start from beginning

Side Right. Touch. Side Left. Touch

1 –

4 Step Right to Right. Touch Left beside Right. Step Left to Left.
Right beside Left

Touch