



How Long

Choreographed by Jo Thompson Szymanski

Description: 32 count, 4 wall, beginner line dance

Music: **How Long** by The Eagles [CD: Long Road Out Of Eden]

One Foot In Front Of The Other by George Strait [It Just Comes Natural / Available on iTunes]

Lipstick, Powder & Paint by Delbert McClinton [Ultimate Collection / Available on iTunes]

Choo Choo Ch'boogie by Asleep At The Wheel [162 bpm / Swing Time / The Very Best Of Asleep At The Wheel / CD: Tracks & Trains / Available on iTunes]

Would You Consider by Scooter Lee [165 bpm / CD: Would You Consider / Available on iTunes]

Sea Cruise by Scooter Lee [156 bpm / CD: / Available on iTunes]

Why Me by Scooter Lee [160 bpm / CD: / Available on iTunes]

Oh Lonesome Me by Scooter Lee [CD: / Available on iTunes]

Start dancing on lyrics

HEEL, TOGETHER 4 TIMES

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

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

- 1-2-3-4 Vine right, touch left together
- 5-6-7-8 Step left to side, cross right behind left, turn ¼ left and step left forward, touch right together

DIAGONAL STEP TOUCH FORWARD, BACK, BACK, FORWARD

- 1-2 Step right diagonally forward, touch left together and clap
- 3-4 Step left diagonally back, touch right together and clap
- 5-6 Step right diagonally back, touch left together and clap
- 7-8 Step left diagonally forward, touch right together and clap

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

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

Sometimes called a "stomp up"

REPEAT

TAG

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

- 1-2 Touch right heel forward, step right together
- 3-4 Touch left heel forward, step left together

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

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