

HOW LONG

Choreographed by: Jo Thompson Szymanski

Description: 32 count, 4 wall, beginner line dance

Music Suggestions: "How Long" by The Eagles; "One Foot In Front Of The Other" by George Strait



**DARE 2 DANCE
PRODUCTIONS**

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"*

REPEAT

TAG

When using the song "How Long" by 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, you will do a total of 6 heel touches***

This step sheet is provided by Michael Diven – Instructor/Choreographer for Dare 2 Dance Productions. If you have any questions regarding this step sheet or for booking information, please contact us at (717) 651-9453 or e-mail us at cwdance@localnet.com. You can even visit us on the web at www.dare2dance.net . Dare 2 Dance is available for any dance venue across the country and abroad.