

## 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](#) / CD: [Long Road Out Of Eden](#)

**One Foot In Front Of The Other** by George Strait [[It Just Comes Natural](#)

**Lipstick, Powder & Paint** by Delbert McClinton [[Ultimate Collection](#)

**Choo Choo Ch'boogie** by Asleep At The Wheel [162 bpm / [Swing Time](#) / [The Very Best Of Asleep At The Wheel](#) / CD: Tracks & Trains

**Sea Cruise** by Scooter Lee [156 bpm / CD:

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