

# HOW LONG

Choreographed by: Jo Thompson Szymanski (Sept 07)  
 Music: **How Long by The Eagles [CD: Long Road Out Of Eden]**  
 Descriptions: 32 count - 4 wall line dance

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Or Music: 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 / Swing Time / The Very Best Of Asleep At The Wheel / CD: Tracks & Trains]  
 Would You Consider by Scooter Lee [165 bpm / CD: Would You Consider]  
 Sea Cruise by Scooter Lee [156 bpm ]  
 Why Me by Scooter Lee [160 bpm ]  
 Oh Lonesome Me by Scooter Lee

## 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 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, you will do a total of 6 heel touches**

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