

EAGLES ROCK

Count: 64 Wall: 4 Level: Intermediate

Choreographer: Gaye Teather (UK)

Music: "How Long" by The Eagles (140 bpm) CD: Long Road Out Of Eden.

Dance rotates in CCW direction

Intro: 24 counts

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

- 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 12 o'clock)

- 7 – 8 Cross Left over Right. Hold and clap

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

- 1 – 4 Rock forward on Right. Recover onto Left. Walk back Right. Left
5 – 8 Rock back on Right. Recover onto Left. Step forward on Right. Touch Left beside Right

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. Touch Right beside Left

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

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

- 1&2 Step Left to Left side. Step Right beside Left. Step Left to Left
3 – 4 Rock back on Right. Recover onto Left
5&6 Kick Right forward. Step Right beside Left. Cross Left over Right
7&8 Kick Right forward. Step Right beside Left. Cross Left over Right

Angle body slightly towards Right diagonal during counts 5&6, 7&8

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

- 1 – 2 Quarter turn Right stepping forward on Right. Half turn Right stepping back on Left
3 – 4 Rock back on Right. Recover onto Left
5 – 6 Half turn Left stepping back on Right. Half turn Left stepping forward on Left (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. Step Left beside Right
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. Touch Right beside Left

Beginner split: "How Long" by Jo Thompson to the same track. Ideal for floor splits