

EAGLES ROCK

Count: 64. **Wall:** 4. **Level:** Intermediate

Choreographer: Gaye Teather (UK)

Music: **How Long** by The Eagles (140 bpm. 24 count intro) CD: Long Road Out Of Eden.

INTRO: 24 count

ROCK RIGHT, RECOVER, CROSS SHUFFLE, 1/4 RIGHT, 1/4 RIGHT, CROSS, HOLD/CLAP

- 1,2 Rock R to right, Recover onto L
- 3&4 Cross R over L, Step L to left, Cross R over L
- 5,6 Turn ¼ right step L back, Turn ¼ right step R to right **[6:00]**
- 7,8 Cross L over R, Hold/Clap

ROCK RIGHT, RECOVER, CROSS SHUFFLE, 1/4 RIGHT, 1/4 RIGHT, CROSS, HOLD/CLAP

- 1,2 Rock R to right, Recover onto L
- 3&4 Cross R over L, Step L to left, Cross R over L
- 5,6 Turn ¼ right step L back, Turn ¼ right step R to right **[12:00]**
- 7,8 Cross L over R, Hold/Clap

ROCK FORWARD, RECOVER, BACK, BACK, ROCK BACK, RECOVER, FORWARD, TOUCH

- 1-4 Rock R forward, Recover onto L, Step R back, Step L back
- 5-8 Rock R back, Recover onto L, Step R forward, Touch L beside R

ROCK LEFT, RIGHT, LEFT, RIGHT, JAZZ BOX, TOUCH

- 1-4 Rock L to left, Rock onto R, Rock onto L, Rock onto R
- 5-8 Cross L over R, Step R back, Step L to left, Touch R beside L

TAG: Wall 2 and restart

CHASSE RIGHT, ROCK BACK, RECOVER, KICK-BALL-CROSS, KICK-BALL-CROSS

- 1&2 Step R to right, Step L beside R, Step R to right
- 3,4 Rock L back, Recover onto R
- 5&6 Kick L forward, Step ball of L beside R, Cross R over L (**angle body to left diagonal**)
- 7&8 Kick L forward, Step ball of L beside R, Cross R over L (**angle body to left diagonal**)

CHASSE LEFT, ROCK BACK, RECOVER, KICK, BALL, CROSS, KICK, BALL, CROSS

- 1&2 Step L to left, Step R beside L, Step L to left
- 3,4 Rock R back, Recover onto L
- 5&6 Kick R forward, Step ball of R beside L, Cross L over R (**angle body to right diagonal**)
- 7&8 Kick R forward, Step ball of R beside L, Cross L over R (**angle body to right diagonal**)

1/4 RIGHT, 1/2 RIGHT, ROCK BACK, RECOVER, FULL TURN LEFT (TRAVEL FORWARD), WALK, WALK

- 1,2 Turn ¼ right step R forward, Turn ½ right step L back
- 3,4 Rock R back, Recover onto L
- 5,6 Turn ½ left step R back, Turn ½ left step L forward **[9:00]**
- 7,8 Step R forward, Step L forward

HEEL-&-HEEL-&-HEEL, HOLD/CLAP, 2 HIP BUMPS FORWARD, 2 HIP BUMPS BACK

- 1&2& Touch R heel forward, Step R beside L, Touch L heel forward, Step L beside R
- 3,4 Touch R heel forward, Hold/Clap
- 5,6 Bump hips forward, forward
- 7,8 Bump hips back, back

64 START AGAIN

TAG: During Wall 2, dance to count 32, add the Tag and restart

SIDE, TOUCH, SIDE, TOUCH

- 1-4 Step R to right, Touch L beside R, Step L to left, Touch R beside L