

# HOW LONG

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Record: "How Long" by The Eagles

CD/"Long Road Out of Eden" Eagles Recording Company B000Y179KO

Legally downloadable from www.walmart.com

Footwork: Opposite throughout (*woman in parentheses*)

45 rpm

Phase: Two-step Roundalab Phase II + 1 (Fishtail)

Released February 2, 2008

Sequence: Intro A B int A B C A B D D End

## INTRO

(OP LOD) **WAIT 2 MEAS; ; CIRCLE AWAY TWO TWO-STEPS; ;** (FCNG 6 FT APT)

1-4 OP LOD wait; wait; circle fwd L trng LF (*W fwd R trng RF*), cl R, fwd L, - ; cont circle fwd R, cl L, fwd R, - ;

**STRUT TOGETHER 4; ;** (SCP LOD)

5-6 Strut tog L, -, R, - ; L, -, R, - ;

## PART A

(SCP LOD) **TWO FWD TWO-STEPS; ; CUT, BACK, CUT, BACK; ROCK BACK, RECOVER;** (BFLY WALL)

1-2 Fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R, - ;

3-4 XLIF, bk R, XLIF, bk R; rk bk L, -, rec R, - ;

(BFLY WALL) **VINE 8; ; TWIRL VINE 4 (OPT. LADIES TWIRL TWICE); FWD, PICKUP;** (CP LOD)

5-6 Sd L, XRIB, sd L, XRIF; sd L, XRIB, sd L, XRIF;

7 Sd L, XRIB, sd L, XRIF [*w twirl RF R, L, sd R, XLIF; (optional twirl RF R, L, R, L);*];

8 Fwd L, -, R picking W up, - ;

(CP LOD) **PROGRESSIVE SCISSOR; TWICE CHECKING;** (BJO LOD) **FISHTAIL; WALK, 2;** (BJO LOD)

9-10 Sd L, cl R, XLIF (*W XRIB*), - ; sd R, cl L, XRIF (*W XLIB*) BJO LOD checking fwd motion, - ;

11-12 XLIB (*W XRIF*), fwd and slight side R, fwd L, lk RIB (*W lk LIF*); fwd L, -, fwd R, - ;

(BJO LOD) **FWD HITCH; HITCH SCISSOR;** (SCP LOD) **SCOOT 4; WALK, 2 TO FACE;** (CP WALL)

13-14 Fwd L, cl R, bk L, - ; bk R, cl L, fwd R (*W fwd L trng RF, cl R, thru L to SCP*), - ;

15-16 Fwd L, cl R, fwd L, cl R; fwd L, -, fwd R to CP WALL, - ;

## PART B

(CP WALL) **TRAVELING BOX; ; ; ;** (CP WALL)

1-2 Sd L, cl R, fwd L, - ; trng to RSCP RLOD fwd R, - , fwd L, - ;

3-4 Sd R, cl L, bk R, - ; trng to SCP LOD fwd L, - , fwd R, - ;

(CP WALL) **TWO TURNING TWO-STEPS; ;** (SCP LOD)

5-6 Two RF trng 2 stps L, R, L, - ; R, L, R blending to SCP LOD, - ;

(SCP LOD) **ROCK THE BOAT; TWICE ;** (SCP LOD) (2ND TIME BFLY WALL) (3RD TIME CP WALL)

7 Fwd L with knee stiff bending fwd at waist, - , cl R bending knee and straightening torso, - ;

8 Repeat meas. 7; 2nd time to BFLY WALL – 3rd time to CP WALL

### PART C

(BFLY WALL) **FACE TO FACE; BACK TO BACK;** (OP LOD)

1 Sd L, cl R, sd L trng LF (*W RF*) to bk-to-bk pos w/ M's R & W's L hnds jnd, - ;

2 Sd R, cl L, sd R trng RF (*W LF*) to OP LOD, - ;

(OP LOD) **LACE ACROSS TWO-STEP; FWD TWO-STEP;** (LOP LOD)

3-4 Raise jnd lead hnds to allow W to pass IF of M fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R to LOP LOD, - ;

(LOP LOD) **LACE BACK TWO-STEP; FWD TWO-STEP;** (OP LOD) **VINE APART; VINE TOG;** (SCP LOD)

5-6 Raise jnd other hnds to allow W to pass IF of M fwd L, cl R, fwd L, - ; fwd R, cl L, fwd R to OP LOD, - ;

7-8 Sd L, XRIB, sd L, tch R ; sd R, XLIB, sd R to SCP LOD, tch L;

### INTERLUDE

(SCP LOD) **WALK, 2;** (SCP LOD)

1-2 Fwd L, - , fwd R, - ;

### PART D

(CP WALL) **LEFT TURNING BOX; ; ; ;** (CP WALL)

1-2 Sd L, cl R, fwd L trning 1/4 RF to CP LOD, - ; sd R, cl L, bk R trning 1/4 RF to CP COH, - ;

3-4 Sd L, cl R, fwd L trning 1/4 RF to CP RLOD, - ; sd R, cl L, bk R trning 1/4 RF to CP WALL, - ;

(CP WALL) **OPEN VINE; ;** (SCP LOD) **HITCH 4; WALK, 2;** (CP WALL) (2ND TIME TO SCP LOD)

5-6 Sd L, - , XRIB trng RF to LOP RLOD, - ; sd L trng to LF to fc ptr, - , thru R, - ;

7-8 Fwd L, cl R, bk L, cl R; fwd L, - , fwd R, - ; to CP WALL/second time to SCP LOD

### END

(SCP LOD) **CIRCLE AWAY TWO TWO-STEPS; ; STRUT TOGETHER 4; ;** (BFLY WALL)

1-2 Circle fwd L trng LF (*W fwd R trng RF*), cl R, fwd L, - ; cont circle fwd R, cl L, fwd R, - ;

3-4 Strut tog L, - , R, - ; L, - , R, - ; to BFLY WALL

(BFLY WALL) **VINE 4; APART, POINT;**

5-6 Sd L, XRIB, sd L, XRIF; apart L, - , pt R, - ;



# How Long

Phase 2+1 Two-Step  
 Choreographer: Erin & Scot Byars  
 Music: The Eagles "How Long"  
 Released: February 2, 2008

## Intro A B int A B C A B D D End

- Intro OP LOD Wait 2 meas; ; circle away two two-steps; ; strut together 4; ; to SCP LOD
- Part A Two forward two-steps; ; cut back 4; rock back, recover to **BFLY WALL**; vine 8; ;  
 Twirl vine 4 (optional ladies twirl twice); forward, pickup to **CP LOD**;  
 Progressive scissor; twice to **BJO LOD** checking; fishtail; walk, 2;  
 Forward hitch; hitch/scissor to **SCP LOD**; scoot 4; walk, 2 to **CP WALL**;
- Part B Traveling box; ; ; two turning two-steps; to **SCP LOD**; rock the boat; twice; to **SCP LOD**
- Interlude Walk, two;
- Part A Two forward two-steps; ; cut back 4; rock back, recover to **BFLY WALL**; vine 8; ;  
 Twirl vine 4 (optional ladies twirl twice); forward, pickup to **CP LOD**;  
 Progressive scissor; twice to **BJO LOD** checking; fishtail; walk, 2;  
 Forward hitch; hitch/scissor to **SCP LOD**; scoot 4; walk, 2 to **CP WALL**;
- Part B Traveling box; ; ; two turning two-steps; to **SCP LOD**; rock the boat; twice to **BFLY WALL**;
- Part C Face to face; back to back to **OP LOD**; lace across two-step; fwd two-step;  
 Lace back two-step; fwd two-step to **OP LOD**; vine apart 3; vine together to **SCP LOD**;
- Part A Two forward two-steps; ; cut back 4; rock back, recover to **BFLY WALL**; vine 8; ;  
 Twirl vine 4 (optional ladies twirl twice); forward, pickup to **CP LOD**;  
 Progressive scissor; twice to **BJO LOD** checking; fishtail; walk, 2;  
 Forward hitch; hitch/scissor to **SC PLOD**; scoot 4; walk, 2 to **CP WALL**;
- Part B Traveling box; ; ; two turning two-steps; to **SCP LOD**; rock the boat; twice to **CP WALL**;
- Part D Left turning box; ; ; open vine 4; to **SCP LOD**; hitch 4; walk, 2 to **CP WALL**;
- Part D Left turning box; ; ; open vine 4; to **SCP LOD**; hitch 4; walk, 2 to **SCP LOD**;
- End Circle away two two-steps; ; strut together 4; ; vine 4; apart, point