

HOW LONG HAS IT BEEN WZ

CHOREO: Pam & Tom Young, 3311 NW Hickory Ridge Lane, Topeka, KS 66618-2724
(785) 286-3785 Email: Q45ILTERPJY@aol.com **RELEASE:** August 2009
MUSIC: How Long Has It Been by Jim Reeves – Available as a download from internet
FOOTWORK: Opposite, directions for man except as noted (W's in parenthesis)
RHYTHM: Waltz **PHASE:** II
SEQUENCE: **INTRO – AB – AB – TAG**

INTRO

1 – 7 **WAIT 7 PKUP NOTES**
1-7 LOP fcg ptr & wl wait 7 pkup notes w/ lead hnds jnd & lead ft free

PART A

1 – 4 **TWRL/VN 3; PKUP, SD, CLS; 2 FWD WZ's; ;**
1-4 Frm BFLY Wall stp sd L, XRIB of L, sd L (Ladies twirl RF R,L,R) end BFLY fcg wl;
Stp thru R picking W up to CP/LOD (W stp thru on L folding in frt of M), sd L, cl R;
(CP/LOD) Fwd L, fwd R, cl L; Fwd R, fwd L, cl R;

5 – 8 **2 L TRNS; ; (CP/WL) CANTER 2X; ; (BFLY/WL)**
5-8 Fwd L trng 1/8 LF, stp sd on R DIAG acrs LOD trng up to 1/4 LF, cl L ; Bk on R trng
up to 1/4 LF, sd on L twd LOD trng up to 1/4 LF to fc wall, cl R ;
Sd L, drw R to L, cl R; Sd L, drw R to L, cl R; (BFLY/WL)

9 – 12 **WZ AWY & TOG; ; SOLO TRN 6; ; (BFLY/WL)**
9-12 Stp L to OP/LOD trng slightly away from ptr, sd R to LOD/COH to slight bk to bk,
cl L; Stp sd R to LOD trng to fac ptr, sd L, cls R end BFLY pos;
Release ld hnds sd & fwd L com lf trn, sd R cont lf trn, cl L to fc rlod; bk R cont lf trn,
sd L to fc ptr, cl R to BFLY WALL;

13 – 16 **LACE UP; ; ; (CP/WL)**
13-16 In plc L allowing W to cross undr jnd ld hnds, diag fwd R crossing beh W towards diag
wl, diag fwd L to LOD (W diag fwd R towards coh, L, R crossing in frt of M to LOD);
Fwd waltz LOD R, L, cl R (W fwd waltz LOD L, R, cl L); In plc L allowing W to cross
undr jnd M's R & W's L hnds , diag fwd R twds coh, diag fwd L to LOD (W diag fwd
R towards diag wl, fwd L, fwd R to LOD); Fwd R, fwd L trng _ rf to fc wl, cl R
CP/WL (W fwd L, fwd R trng _ lf to fc coh, cl L);

PART B

1 – 4 **BOX; ; REV BOX; ;**
1-4 Fwd L, sd R, cls L; bk R, sd L, cls R; Bk L, sd, R, cls L; Fwd R, sd, L, cls R;

5 – 8 **DIP BK & HOLD; MANUV; 2 R TRNS; ; (BFLY/WL)**
5-8 Bk L w/slight upper body rotation lf, hold, hold; rec fwd R trng rf in frt of W to fc
RLOD, sd L, cls R; Bk L comm rf body rotation, sd R cont rf body rotation, cls L
to fc LOD; Fwd R comm rf body rotation, sd L cont rf body rotation to fc wl, cls R;
(BFLY/WL)

9 – 13

WZ AWY; PKUP SCAR; 3 PROG TWNKLS; ; ;

9-13

Fwd L trng lf to slight v shape pos, sd R, cls L; fwd R trng rf to fc lod (W fwd L trng lf in frt of M), sd L, cls R rotating upper body rf to SCAR pos; XLifr (W XRibl), sd R, cls L rotating upper body to BJO pos; XRifr (W XLibr), sd L, cls R rotating upper body to SCAR pos; XLifr (W XRibl), sd, R, cls L rotating upper body to BJO pos;

14 – 16

FWD, FC, CLS; (CP/WL) SWAY L & R; ; (BFLY/WL)

14-16

Fwd R comm rf trn, sd L cont rf trn, cls R; (CP/WL) Sd L w/hip lead, drw R, tch R; Sd R w/ hip lead, drw L, tch L; (BFLY/WL)

TAG

1

STP APT & PT;

1

Bk L & pt R twd ptr;

HOW LONG HAS IT BEEN WZ – quick cues

INTRO: WAIT 7 PKUP NOTES in BFLY/WL with ld hnds jnd

PART A:

TWRL/VN 3; PKUP, SD, CL; 2 FWD WZ's; ;
2 L TRNS; ; (CP/WL) CANTER 2X; ; (BFLY/WL)
WZ AWY & TOG; ; SOLO TRN 6; ; (BFLY/WL)
LACE UP; ; ; (CP/WL)

PART B:

BOX; ; REV BOX; ;
DIP BK & HOLD; MANUV; 2 R TRNS; ; (BFLY/WL)
WZ AWY; PKUP SCAR; 3 PROG TWNKLS; ; ;
FWD, FC, CL; (CP/WL) SWAY L & R; ; (BFLY/WL)

TAG:

STP APT & PT;