

# 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.

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**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**