



Eagles Rock

64 count, 4 wall, intermediate level

Choreographer: Gaye Teather (UK), November 2007

Choreographed to: "How Long" by The Eagles (140 bpm), CD "Long Road Out Of Eden" – 24 count intro

Choreographer's Note: Beginners' floor split to this track is How Long by Jo Thompson

Section 1 Side Rock, Cross Shuffle, 1/4 Turn x 2, Cross, Hold

- 1-2 Rock right to right side. Recover onto left
- 3&4 Cross right over left. Step left to left side. Cross right over left
- 5-6 Make 1/4 turn right stepping left back. Make 1/4 turn right stepping right to side
- 7-8 Cross left over right. Hold and Clap (6:00)

Section 2 Side Rock, Cross Shuffle, 1/4 Turn x 2, Cross, Hold

- 1-2 Rock right to right side. Recover onto left
- 3&4 Cross right over left. Step left to left side. Cross right over left
- 5-6 Make 1/4 turn right stepping left back. Make 1/4 turn right stepping right to side
- 7-8 Cross left over right. Hold and Clap (12:00)

Section 3 Forward Rock, Walk Back x 2, Back Rock, Step, Touch

- 1-2 Rock forward on right. Recover onto left
- 3-4 Walk back right. Walk back left
- 5-6 Rock back on right. Recover onto left
- 7-8 Step right forward. Touch left beside right

Section 4 Rock x 4, Jazz Box, Touch

- 1-2 Step left to side rocking weight onto left. Rock onto right
- 3-4 Rock onto left. Rock onto right
- 5-6 Cross left over right. Step right back
- 7-8 Step left to left side. Touch right beside left

Tag: *Wall 2: dance 4-count tag here then start dance again from the beginning.*

Section 5 Chasse Right, Back Rock, Kick Ball Cross x 2

- 1&2 Step right to right side. Step left beside right. Step right to right side
- 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

Note: *Angle body slightly towards left diagonal during counts 5 & 6, 7 & 8.*

Section 6 Chasse Left, Back Rock, Kick Ball Cross x 2

- 1&2 Step left to left side. Step right beside left. Step left to left side
- 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

Note: *Angle body slightly towards right diagonal during counts 5 & 6, 7 & 8.*

Section 7 1/4 Right, 1/2 Right, Back Rock, Full Turn Left (Travelling Forward), Walk x 2

- 1-2 Make 1/4 turn right stepping right forward. Make 1/2 turn right stepping left back
- 3-4 Rock back on right. Recover onto left
- 5-6 Make 1/2 turn left stepping right back. Make 1/2 turn left stepping left forward
- 7-8 Walk forward right. Walk forward left (9:00)

Section 8 Heel Switches x 3, Hold, Hip Bumps

- 1& Touch right heel forward. Step right beside left
- 2& Touch left heel forward. Step left beside right
- 3-4 Touch right heel forward. Hold and clap
- 5&6 Bump hips forward twice
- 7&8 Bump hips back twice

Tag: *Danced during Wall 2, end of section 4 (then restart dance from beginning)*

- 1-2 Step right to right side. Touch left beside right
- 3-4 Step left to left side. Touch right beside left

Quelle:

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