

## 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

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