

Rock Yourself**IMPROVER**

32 Count 2 Walls

Choreographed by: Amandine Marchand

Choreographed to: How Long by The Eagles

1 R Step forward, Touch-Clap, L Step back, Touch-Clap, Vine to R, Touch

1 - 2 Step R forward into R diagonal, Touch L beside R + Clap

3 - 4 Step L back into L diagonal, Touch R beside L + Clap

5 - 6 Step R to R side, Step on ball of L foot behind R

7 - 8 Step R to R side, Touch L beside R

2 L Step forward, Touch-Clap, R Step back, Touch-Clap, Vine to L, Touch

1 - 2 Step L forward into L diagonal, Touch R beside L + Clap

3 - 4 Step R back into R diagonal, Touch L beside R + Clap

5 - 6 Step L to L side, Step on ball of R foot behind L

7 - 8 Step L to L side, Touch R beside L

3 Heel, Together x4 with 1/2 turn L

1 - 2 Tap R heel forward, Making a 1/4 turn to left step R close to L (9:00)

3 - 4 Tap L heel forward, Step L close to R

5 - 6 Tap R heel forward, Making a 1/4 turn to left step R close to L (6:00)

7 - 8 Tap L heel forward, Step L close to R

4 Heel dig x2, Toe tap x2, Heel, Heel, R Step back, Together

1 - 2 Tap R heel forward 2x

3 - 4 Tap R toe back 2x

5 - 6 Step forward on R heel, Step forward on L heel (feet appart to keep balance)

option If you don't have enough balance just make steps forward R, L (out, out)

7 - 8 Step R back (coming back to center), Step L together

Tag At the end of wall 3, facing 6:00

1 - 2 Tap R heel forward, Step R close to L

3 - 4 Tap L heel forward, Step L close to R