

# Eagles Rock (□□□□ )

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**Count:** 64      **Wall:** 4      **Level:** Beginner/Intermediate

**Choreographer:** Gaye Teather (UK) Nov 07

**Music:** How Long by The Eagles (140 bpm) CD: Long Road Out Of Eden

□□□    **24 count intro**    24□□□□

□□□

**Side rock. Cross shuffle. Quarter**

**turn Right (x 2). Cross. Hold & clap** □□□    , □□□□    , □□    1/4□□    , □□    , □    &    □□

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)**

□□    90□□□□□    , □□    90□□□□□    (□□    6□□    )

7-8

**Cross Left over Right. Hold and clap**

□□□□□□□□    , □    &    □□

□□□

**Side rock. Cross shuffle. Quarter**

**turn Right (x 2). Cross. Hold & clap** □□□ , □□□□ , □□ 1/4□□ , □□ , □ & □□

**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)**

□□ 90□□□□□□ , □□ 90□□□□□□ (□□ 12□□ )

**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**

□□□□□□ , □□□□□□ , □□□

□ , □



**mso-font-kerining:0pt">**

**mso-font-kerining:0pt">Chasse Right. Back rock. Kick ball cross. Kick ball  
cross**

**mso-font-kerining:0pt">□□**

**mso-font-kerining:0pt">, □□ , □□□□ , □□□□**

**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**

**□ 5&6 7&8□□ , □□□□□□□□**

**mso-font-kerining:0pt">□□**

**mso-font-kerining:0pt">**

**mso-font-kerining:0pt">Chasse Left. Back rock. Kick ball cross. Kick ball**

**cross**

**mso-font-kerining:0pt">**□□

**mso-font-kerining:0pt">**, □□ , □□□□ , □□□□

**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**

□ 5&6 7&8 □□ , □□□□□□□□

**mso-font-kerining:0pt">**□□

**mso-font-kerining:0pt">**

**mso-font-kerining:0pt">Quarter Right. Half Right. Back rock. Full turn Left**

**(travelling forward). Walk. Walk** □□

**mso-font-ker닝:0pt">1/4, □□ 1/2,**

**mso-font-ker닝:0pt">□□**

**mso-font-ker닝:0pt">, □□ , □ , □**

**1 -2**

**Quarter turn Right stepping forward on Right. Half turn Right stepping back**

**on Left □□ 90□□□□ , □□ 180□□□□**

**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)**

**□□ 180□□□□ , □□ 180□□□□ (□□ 9□□ )**

**7 -8**

**Walk forward Right. Left □□□ □ , □**

**mso-font-ker닝:0pt">□□**

**mso-font-ker닝:0pt">**

**mso-font-ker닝:0pt">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** □□□□