

## Eagles Rock

64 count, 4 wall, intermediate level

Choreographer: Gaye Teather (UK) Oct 2007

Choreographed to: How Long by The Eagles, CD:  
Long Road Out Of Eden

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### **SIDE ROCK, CROSS SHUFFLE, ¼ TURN RIGHT (TWICE), 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 ¼ turn right stepping left back, ¼ turn right stepping right to right side (facing 6:00)  
7-8 Cross left over right, hold and clap

### **SIDE ROCK, CROSS SHUFFLE, ¼ TURN RIGHT (TWICE), 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 ¼ turn right stepping left back, ¼ turn right stepping right to right side (facing 12:00)  
7-8 Cross left over right, hold and clap

### **FORWARD ROCK, WALK BACK RIGHT, LEFT, BACK ROCK, FORWARD RIGHT, TOUCH**

- 1-4 Rock right forward, recover onto left, walk back right, left  
5-8 Rock right back, recover onto left, step right forward, 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 right back, step left to left, touch right beside left  
**TAG:** 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 left back, 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 right back, 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

### **¼ RIGHT, ½ RIGHT, BACK ROCK, FULL TURN LEFT (TRAVELING FORWARD), WALK, WALK**

- 1-2 ¼ turn right stepping right forward, ½ turn right stepping left back  
3-4 Rock right back, recover onto left  
5-6 ½ turn left stepping right back, ½ turn left stepping left forward (facing 9:00)  
7-8 Walk forward right, left

### **HEEL SWITCHES (X 3), CLAP, HIP BUMPS FORWARD (TWICE) HIP BUMPS BACK (TWICE)**

- 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

**TAG:** Danced at the end of section 4 during wall 2, then restart 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