

HOW LONG HAS IT BEEN

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Record:	Album/CD: Faron Young's Classic Years, Volume 4		
Footwork:	Track 2: How Long Has it Been	Download from I-Tunes or Amazon	Download Length: 2:17 2:17 @ 45 RPM
Rhythm:	Opposite Unless Noted	RAL Phase: II	
Sequence:	Intro – A – B – A – B – End		Released: July 2013

INTRODUCTION

1-4 OP-FCG WALL wt 2 meas ; ;

1-2 OP-FCG WALL wt ; ;

APT PT ; TOG to BFLY TCH ;

1-4½ [OP-FCG WALL – **APT PT & TOG to BFLY TCH**] Apt L , Pt R twd ptr , - ; Tog R , Tch L , Blend to BFLY ;

PART A

1-16 WZ AWY & TOG ; ; BAL L & R ; ;

1-2 [BFLY WALL – **WZ AWY & TOG**] Fwd L trng awy from ptr , Fwd R to fc LOD , Cl L ; Fwd R trng RF to fc ptr , Sd L , Cl R ;

3-4 [BFLY WALL – **BAL L & R**] Sd L , XLIB , In place L ; Sd R , XLIB , In place R ;

2 SOLO WZ TRNS in 6 ; ; TWRL VIN 3 ; PKUP SD CL ;

5-6 [BFLY WALL – **2 SOLO WZ TRNS in 6**] Sd & Fwd L trng LF (W RF) , Sd R continue trn , Cl L to fin ¾ trn fcg RLOD ; Bk R trng LF (W RF) , Sd L fin trn to fc ptr , Cl R ;

7-8 [BFLY WALL – **TWRL VIN 3 & PKUP SD CL**] Sd L , XLIB , Sd L (W Undr joined Id hnds Sd & Fwd R trng RF , Sd & Bk L continue trn , Sd R end fcg ptr) ; Small Fwd R trng slightly LF , Small Sd L , Cl R end CP LOD (W Fwd L trng LF moving in-front of M , Small Sd R fin trn end fcg RLOD in front of M , Cl L) ;

2 L TRNS to WALL ; ; DIP BK ; MANUV ;

9-10 [CP LOD – **2 L TRNS to WALL**] Fwd L start LF upper body trn , Sd & Bk R continue LF trn , Cl L ; Bk R start LF upper body trn , Sd & Bk L continue LF trn , Cl R ;

11-12 [CP WALL – **DIP BK & MANUV**] Bk L relax L knee , - , - ; Fwd R trng RF , Sd L continue RF trn , Cl R (W Bk L trng RF , Sd R continue RF trn , Cl L) ;

2 R TRNS to WALL ; ; TWRL VIN 3 ; PKU P SD CL to SCAR ;

13-14 [CP RLOD – **2 R TRNS to WALL**] Bk L start tm RF , Sd R twd LOD continue RF tm , Cl L ; Fwd R start RF tm , Sd L twd LOD continue RF tm , Cl L ;

15-16 [CP WALL – **TWRL VIN 3 & PKUP SD CL to SCAR**] Sd L , XLIB , Sd L (W Undr joined Id hnds Sd & Fwd R trng RF , Sd & Bk L continue trn , Sd R end fcg ptr) ; Small Fwd R , Small Sd L trng slightly RF , Cl R Blend to SCAR DLW (W Fwd L trng LF , Small Sd R fin trn to end on M's L Sd fcg DRC , Cl L) ;

PART B

1-16 3 PROG TWKLS to BJO ; ; ; FWD & TCH ;

1-3 [SCAR DLW – **3 PROG TWKLS to BJO**] Fwd L outsd ptr , Fwd & Sd R trng slightly LF , Cl L to BJO ; Fwd R outsd ptr , Fwd & Sd L trng slightly RF , Cl R to SCAR ; Fwd L outsd ptr , Fwd & Sd R trng slightly RF , Cl L to BJO ;

4 [BJO DLW – **FWD & TCH**] Fwd R , Tch L next to R , - ;

3 BK PROG TWKLS to SCAR ; ; ; BK & TCH to CP LOD ;

5-7 [BJO DLW – **3 BK PROG TWKLS to SCAR**] Bk L , Bk & Sd R trng slightly RF , Cl L to SCAR ; Bk R , Bk & Sd L trng slightly LF , Cl R to BJO ; Bk L , Bk & Sd R trng slightly RF , Cl L to SCAR ;

8 [SCAR DLW – **BK & TCH to CP LOD**] Bk R , Tch L next to R , Blend to CP LOD ;

DIP BK ; MANUV ; 1 R TRN to FC LOD ; FWD WZ ;

9-10 [CP LOD – **DIP BK & MANUV**] Bk L relax L knee , - , - ; Fwd R trng RF , Sd L continue RF trn , Cl R (W Bk L trng RF , Sd R continue RF trn , Cl L) ;

11-12 [CP RLOD – **1 R TRN to FC LOD & FWD WZ**] Bk L trn RF , Sd R continue RF trn , Cl L end fcg DLC ; Fwd R trng slightly RF to fc LOD , Fwd L , Cl R ;

2 L TRNS to BFLY WALL ; ; CANTER TWICE ; ;

13-14 [CP LOD – **2 L TRNS to BFLY WALL**] Fwd L start LF upper body trn , Sd & Bk R continue LF trn , Cl L ; Bk R start LF upper body trn , Sd & Bk L continue LF trn , Cl R ;

15-16 [BFLY WALL – **CANTER TWICE**] Sd L , Draw R to L , Cl R ; Sd L , Draw R to L , Cl R ;

1-5 ROLL 3 ; THRU FC CL to BFLY ; VIN 6 ; ;

1-2 [BFLY WALL – ROLL 3 & THRU FC CL to BFLY] Fwd L trng LF , Sd R trng ¼ LF to fc COH , Bk L trng ¼ LF to fc ptr (W Fwd R trng RF , Sd L trng ¼ RF to fc WALL , Bk R trng ¼ RF to fc ptr) ; Thru R , Sd L to fc ptr , Cl R Blend to BFLY ;

3-4 [BFLY WALL – VIN 6] Sd L , XRB , Sd L ; XRF , Sd L , XRB ;

APT PT ;

5 [BFLY WALL – APT PT] Apt L , Pt R twd ptr , - ;

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QUICK CUES

Intro: OP-FCG WALL wt 2 meas ; ;

APT PT ; TOG to BFLY TCH ;

Pt A: WZ AWY & TOG ; ; BAL L & R ; ;

2 SOLO WZ TRNS in 6 ; ; TWRL VIN 3 ; PKUP SD CL ;

2 L TRNS to WALL ; ; DIP BK; MANUV ;

2 R TRNS to WALL ; ; TWRL VIN 3 ; PKU P SD CL to SCAR ;

Pt B: 3 PROG TWKLS to BJO ; ; ; FWD & TCH ;

3 BK PROG TWKLS to SCAR ; ; ; BK & TCH to CP LOD ;

DIP BK ; MANUV ; 1 R TRN to FC LOD ; FWD WZ ;

2 L TRNS to BFLY WALL ; ; CANTER TWICE ; ;

Pt A: WZ AWY & TOG ; ; BAL L & R ; ;

2 SOLO WZ TRNS in 6 ; ; TWRL VIN 3 ; PKUP SD CL ;

2 L TRNS to WALL ; ; DIP BK; MANUV ;

2 R TRNS to WALL ; ; TWRL VIN 3 ; PKU P SD CL to SCAR ;

Pt B: 3 PROG TWKLS to BJO ; ; ; FWD & TCH ;

3 BK PROG TWKLS to SCAR ; ; ; BK & TCH to CP LOD ;

DIP BK ; MANUV ; 1 R TRN to FC LOD ; FWD WZ ;

2 L TRNS to BFLY WALL ; ; CANTER TWICE ; ;

End: ROLL 3 ; THRU FC CL to BFLY ; VIN 6 ; ;

APT PT ;