

Tell Me How Long

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 Artist: Caro Emerald
 Music: CD: The Shocking Miss Emerald, Track 15, 2:29
 Sample and buy from iTunes:
<https://music.apple.com/de/album/tell-me-how-long/1732061766?i=1732063577>
 Listen on YouTube:
https://www.youtube.com/watch?v=LAMqSEkxAl8&list=RDLAMqSEkxAl8&start_radio=1
 Rhythm: Single Swing
 Phase: IV+1 (stop & go) +2 (triple pretzel, sweetheart shove)
 Difficulty: Average
 Sequence: Intro-A-B-Int-A-B-C-End Version: 1.0, June 2026
 Video: Available from choreographers by request

Intro

Meas	Cue	Leader	Follower
1-2	Wait in FCG POS M fc WALL 8 ft apt - 1d ft free;;	wait; wait;	wait; wait;
3-4	2 pt stps;;	pt fwd L, -, sm fwd L, -; pt fwd R, -, sm fwd R, -;	pt fwd R, -, sm fwd R, -; pt fwd L, -, sm fwd L, -;
5-6	sl kick ball chg; 2x;	kick fwd L, - /cl L w/ ball of ft, cl R, -;	kick fwd R, - /cl R w/ ball of ft, cl L, -;
7-8	2 pt stps; (CP);	pt fwd L, -, sm fwd L, -; pt fwd R, -, sm fwd R to CP, -;	pt fwd R, -, sm fwd R, -; pt fwd L, -, sm fwd L to CP, -;

PART A

Meas	Cue	Leader	Follower
1	sd tch sd;	sd L, tch R to L, sd R, -;	sd R, tch L to R, sd L, -;
2-4	chg plcs R to L (HNDSHK); ~ sweetheart shove;;	trn to SCP rk bk L, rec R, fwd & sd L raise jnd 1d hnds to 1d W u/a trn, -; rec R to HNDSHK LOD, -, rk apt L, rec R; fwd & sd L trn RF to fc WALL bring R arms over Ms hd & pl Ws hnd on neck & L arm arnd Ws bk to a tight sd by sd pos, -, rel hnds rec R trng to fc ptr to LOP FCG LOD, -;	trn to SCP rk bk R, rec L, fwd & sd R in frnt of M spin 5/8 RF undr jnd 1d hnds, -; bk L to HNDSHK, - , rk apt R, rec L; fwd & sd R trn LF to fc WALL bring R arms over Ms hd, -, rel hnds to slide R hnd dwn Ms L arm rec L trng to fc ptr to LOP FCG, -;
5-7	chg plcs L to R; ~ chg hnds beh bk;;	rk apt L, rec R raising 1nd 1d hnds, fwd L trng 1/4 RF, -; sd R to LOP FCG WALL, -, rk apt L, rec R; fwd L & trn 1/4 LF to TANDEM in frnt of W & rel L hnd & jnd R hnds beh bk, -, transfer Ws R hnd to L hnd & sd & bk R trng 1/4 LF to LOP FCG COH, -;	rk apt R, rec L, fwd R spinning 3/4 LF undr jnd 1d hnds, -; sd L to LOP FCG, -, rk apt R, rec L; fwd R trng 1/4 RF to TANDEM beh M, -, sd & bk L trng 1/4 RF to LOP FCG, -;

8-10	windmill (WALL); ~ windmill (COH);;	rk apt L, rec R comm 1/4 LF trn to BFLY, fwd L compl 1/4 LF trn lower ld arms & raise tr arms, -; sd R trng 1/4 LF level arms to fc WALL, -, rk apt L, rec R comm 1/4 LF trn; fwd L compl 1/4 LF trn lower ld arms & raise tr arms, -, sd R trng 1/4 LF level arms to fc COH, -;	rk apt R, rec L comm 1/4 LF trn to BFLY, fwd R compl 1/4 LF trn lower ld arms & raise tr arms, -; sd L trng 1/4 LF level arms, -, rk apt R, rec L comm 1/4 LF trn; fwd R compl 1/4 LF trn lower ld arms & raise tr arms, -, sd L trng 1/4 LF level arms, -;
11-13	am spin; ~ am M spin; (HNDSHK);	rk apt L, rec R, sd L, -; sd R, -, rk apt L, rec R; sd L spinning 1 full LF trn, -, sd R to HNDSHK, -;	rk apt R, rec L, sd R spinning 1 full RF trn, -; sd L, -, rk apt R, rec L; sd R, -, sd L to HNDSHK, -;
14-16	dbl rk into single wheel 3; (WALL);; <i>single wheel = triple wheel in RAL</i>	rk apt L, rec R, rk apt L, rec R trng 1/4 RF; comm RF wheel tchg Ws bk w/ L hnd sd L, -, cont RF wheel trng away from ptr sd R, -; cont RF wheel tchg Ws bk w/ L hnd sd L leading W to spin RF, -, sd R to LOP FCG WALL, -;	rk apt R, rec L, rk apt R, rec L trng 1/4 LF; comm RF wheel trng away from ptr sd R, -, cont RF wheel tchg Ms bk w/ L hnd sd L, -; cont RF wheel sd R spinning RF to fc ptr, -, sd L to LOP FCG, -;

PART B

1-3	link rk; ~ fallaway throwaway;;	rk apt L, rec R, fwd L to CP, -; sd R, -, trn to SCP rk bk L, rec R; fwd & sd L leading W to trn 1/2 LF, -, rec R to LOP FCG LOD, -;	rk apt R, rec L, fwd R to CP, -; sd L, -, trn to SCP rk bk R, rec L; fwd R trng 1/2 LF, -, bk & sd L to LOP FCG, -;
4-5	stop & go;;	rk apt L, rec R, fwd L catchg W w/ R hnd on Ws L shldr blade rotating upper body 1/4 RF, -; rk fwd R, rec L, bk R to LOP FCG LOD, -;	rk apt R, rec L, fwd R trng 1/2 LF undr jnd ld hnds to Ms R sd, -; rk bk L, rec R, fwd L trng 1/2 RF undr jnd ld hnds to LOP FCG, -;
6-8	shldr shove; ~ chg plcs L to R;;	rk apt L, rec R trng 1/4 RF, sd L twd ptr tchg shldrs, -; sd R trng 1/4 LF to LOP FCG LOD, -, rk apt L, rec R raising lnd ld hnds; fwd L trng 1/4 RF, -, sd R to LOP FCG WALL, -;	rk apt R, rec L trng 1/4 LF, sd R twd ptr tchg shldrs, -; sd L trng 1/4 RF to LOP FCG, -, rk apt R, rec L, fwd R spinning 3/4 LF undr jnd ld hnds, -; sd L to LOP FCG, -;
9-16	link rk; ~ triple pretzel;;;;; ~ link rk;;	rk apt L, rec R, fwd L to CP, -; sd R, -, rk apt L, rec R; sd L trng 1/2 RF keep jnd ld hnds to BK TO BK, -, sd R, -; XLif to LOD extend R hnd fwd, rec R, sd L, -; XRif to RLOD, rec L, sd R, -; XLif to LOD extend R hnd fwd, rec R, sd L trng 1/2 LF, -; sd R, -, rk apt L, rec R; fwd L to CP, -, sd R, -;	rk apt R, rec L, fwd R to CP, -; sd L, -, rk apt R, rec L; sd R trng 1/2 LF keep jnd ld hnds to BK TO BK, -, sd L, -; XRif to LOD extend L hnd fwd, rec L, sd R, -; XLif to RLOD, rec R, sd L, -; XRif to LOD extend L hnd fwd, rec L, sd R trng 1/2 RF, -; sd L, -, rk apt R, rec L; fwd R to CP, -, sd L, -;

Int

Meas	Cue	Leader	Follower
1-2	stp apt & pt; tog tch (SCP);	apt L, -, pt R, -; tog R, -, tch L to R to SCP, -;	apt R, -, pt L, -; tog L, -, tch R to L to SCP, -;
3-4	2 pt stps;;	pt fwd L, -, sm fwd L, -; pt fwd R, -, sm fwd R, -;	pt fwd R, -, sm fwd R, -; pt fwd L, -, sm fwd L, -;
5-6	sl kick ball chg; 2x;	kick fwd L, - /cl L w/ ball of ft, cl R, -;	kick fwd R, - /cl R w/ ball of ft, cl L, -;
7-8	2 pt stps; (CP);	pt fwd L, -, sm fwd L, -; pt fwd R, -, sm fwd R to CP, -;	pt fwd R, -, sm fwd R, -; pt fwd L, -, sm fwd L to CP, -;

Part A

Part B

PART C

1-3	R trng fallaway; ~ fallaway rk;;	trn to SCP rk bk L, rec R, trng RF sd & fwd L stpg in frnt of W, -; sd R compl 1/2 RF trn to CP COH, -, trn to SCP rk bk L, rec R to fc ptr; sd L, -, sd R, -;	trn to SCP rk bk R, rec L, fwd R trng RF, -; sd L compl 1/2 RF trn, -, trn to SCP rk bk R, rec L to fc ptr; sd R, -, sd L, -;
4-5	fallaway throwaway; ~ rk rec;	trn to SCP rk bk L, rec R, fwd & sd L leading W to trn 1/2 LF, -; rec R to LOP FCG RLOD, -, rk apt L, rec R;	trn to SCP rk bk R, rec L, fwd R trng 1/2 LF, -; bk & sd L to LOP FCG, -, rk apt R, rec L;
6-7	fwd swivel to BK TO BK & pt; fwd swivel to FC;	soften R knee fwd L & swivel 1/2 RF & straighten leg, -, pt R fwd pt R hnd fwd, -; soften L knee rec R & swivel LF & straighten leg, -, pt L fwd to LOP FCG RLOD, -;	soften L knee fwd R & swivel 1/2 LF & straighten leg, -, pt L fwd pt L hnd fwd, -; soften R knee rec L & swivel RF & straighten leg, -, pt R fwd to LOP FCG, -;
8-10	link rk (COH); ~ R trng fallaway (WALL);;	rk apt L, rec R, fwd L trng 1/4 RF to CP COH, -; sd R, -, trn to SCP rk bk L, rec R; trng RF sd & fwd L stpg in frnt of W, -, sd R compl 1/2 RF trn to CP WALL, -;	rk apt R, rec L, fwd R trng 1/4 RF to CP, -; sd L, -, trn to SCP rk bk R, rec L; fwd R trng RF, -, sd L compl 1/2 RF trn, -;
11-16	fallaway throwaway; ~ dbl rk; ~ fwd swivel to BK TO BK & pt; ~ fwd swivel to FC; ~ link rk (WALL);;	trn to SCP rk bk L, rec R, fwd & sd L leading W to trn 1/2 LF, -; rec R to LOP FCG LOD, -, rk apt L, rec R; rk apt L, rec R, soften R knee fwd L & swivel 1/2 RF & straighten leg, -; pt R fwd pt R hnd fwd, -, soften L knee rec R & swivel LF & straighten leg, -; pt L fwd to LOP FCG LOD, -, rk apt L, rec R; fwd L trng 1/4 RF to CP WALL, -, sd R, -;	trn to SCP rk bk R, rec L, fwd R trng 1/2 LF, -; bk & sd L to LOP FCG, -, rk apt R, rec L; rk apt R, rec L, soften L knee fwd R & swivel 1/2 LF & straighten leg, -; pt L fwd pt L hnd fwd, -, soften R knee rec L & swivel RF & straighten leg, -; pt R fwd to LOP FCG, -, rk apt R, rec L; fwd R trng 1/4 RF to CP, -, sd L, -;

End

1-3	fallaway rk; ~ fallaway throwaway;;	trn to SCP rk bk L, rec R to fc ptr, sd L, -; sd R, -; trn to SCP rk bk L, rec R; fwd & sd L leading W to trn 1/2 LF, -, rec R to LOP FCG LOD, -;	trn to SCP rk bk R, rec L to fc ptr, sd R, -; sd L, -; trn to SCP rk bk R, rec L; fwd R trng 1/2 LF, -, bk & sd L to LOP FCG, -;
4-5	stop & go;;	rk apt L, rec R, fwd L catchg W w/ R hnd on Ws L shldr blade rotating upper body 1/4 RF, -; rk fwd R, rec L, bk R to LOP FCG LOD, -;	rk apt R, rec L, fwd R trng 1/2 LF undr jnd ld hnds to Ms R sd, -; rk bk L, rec R, fwd L trng 1/2 RF undr jnd ld hnds to LOP FCG, -;
6-8	shldr shove; ~ link rk (WALL);;	rk apt L, rec R trng 1/4 RF, sd L twd ptr tchg shldrs, -; sd R trng 1/4 LF to LOP FCG LOD, -; rk apt L, rec R; fwd L trng 1/4 RF to CP WALL, -, sd R, -;	rk apt R, rec L trng 1/4 LF, sd R twd ptr tchg shldrs, -; sd L trng 1/4 RF to LOP FCG, -; rk apt R, rec L; fwd R trng 1/4 RF to CP, -, sd L, -;
9-13	triple pretzel (CP);;;; ;	rk apt L, rec R, sd L trng 1/2 RF keep jnd ld hnds to BK TO BK, -; sd R, -, XLif to LOD extend R hnd fwd, rec R; sd L, -, XRif to RLOD, rec L; sd R, -, XLif to LOD extend R hnd fwd, rec R; sd L trng 1/2 LF, -, sd R to CP WALL, -;	rk apt R, rec L, sd R trng 1/2 LF keep jnd ld hnds to BK TO BK, -; sd L, -, XRif to LOD extend L hnd fwd, rec L; sd R, -, XLif to RLOD, rec R; sd L, -. XRif to LOD extend L hnd fwd, rec L; sd R trng 1/2 RF, -, sd L to CP, -;
14-16	fallaway throwaway; ~ rk rec; fwd swivel to BK TO BK & pt;	trn to SCP rk bk L, rec R, fwd & sd L leading W to trn 1/2 LF, -; rec R to LOP FCG LOD, -; rk apt L, rec R; soften R knee fwd L & swivel 1/2 RF & straighten leg, -, pt R fwd pt R hnd fwd, -;	trn to SCP rk bk R, rec L, fwd R trng 1/2 LF, -; bk & sd L to LOP FCG, -; rk apt R, rec L; soften L knee fwd R & swivel 1/2 LF & straighten leg, -, pt L fwd pt L hnd fwd, -;

Suggested Head Cues

Intro	FCG POS M fc WALL - 8 ft apt - wait 2;; 2 pt stps;; sl kick ball chg; 2x; 2 pt stps; (CP);
A	sd tch sd; chg R to L (HNDSHK); ~ sweetheart shove;; chg L to R; ~ chg hnds beh bk;; windmill (WALL); ~ windmill (COH);; am spin; ~ am M spin; (HNDSHK); dbl rk into single wheel 3; (WALL);;
B	link rk; ~ fallaway throwaway;; stop & go;; shldr shove; ~ chg L to R;; link rk; ~ triple pretzel;;; ; ~ link rk;;
Int	stp apt & pt; tog tch (SCP); 2 pt stps;; sl kick ball chg; 2x; 2 pt stps; (CP);
A	sd tch sd; chg R to L (HNDSHK); ~ sweetheart shove;; chg L to R; ~ chg hnds beh bk;; windmill (WALL); ~ windmill (COH);; am spin; ~ am M spin; (HNDSHK); dbl rk into single wheel 3; (WALL);;
B	link rk; ~ fallaway throwaway;; stop & go;; shldr shove; ~ chg L to R;; link rk; ~ triple pretzel;;; ; ~ link rk;;
C	R trng fallaway; ~ fallaway rk;; fallaway throwaway; ~ rk rec; fwd swivel to BK TO BK & pt; fwd swivel to FC; link rk (COH); ~ R trng fallaway (WALL);; fallaway throwaway; ~ dbl rk; ~ fwd swivel to BK TO BK & pt; ~ fwd swivel to FC; ~ link rk (WALL);;
End	fallaway rk; ~ fallaway throwaway;; stop & go;; shldr shove; ~ link rk (WAK);; triple pretzel;;; (CP); fallaway throwaway; ~ rk rec; fwd swivel to BK TO BK & pt;