

# How Are You Today (GB)

COPPER KNOB  
BY SHEETS

拍数: 32      墙数: 4      级数: Easy Beginner  
编舞者: Adrian Helliker (FR) - October 2016  
音乐: How Are You Today - Dave Sheriff : (Album: A Good Old Country Song)



Intro: 32 Counts

**[1-8] CROSS ROCK, RECOVER, CHASSE SIDE RIGHT, BACK ROCK LEFT: RECOVER, CROSS ROCK, RECOVER, CHASSE SIDE LEFT, ROCK BACK, RECOVER**

1-2            Rock right over left, recover onto left  
3&4           Chasse to side stepping (Right-Left-Right)  
5-6           Rock left over right, recover onto right  
7&8           Chasse to side with ¼ turn left stepping (Left-Right-Left)

**[9-16] PIVOT ½ TURN LEFT, SHUFFLE FORWARD RIGHT, PIVOT ½ TURN RIGHT, SHUFFLE FORWARD LEFT**

1-2            Step right forward, Pivot ½ turn left  
3&4           Shuffle forward stepping (Right-Left-Right)  
5-6           Step left forward, Pivot ½ turn right  
7&8           Shuffle forward stepping (Left-Right-Left)

**[17-24] SIDE ROCK, RECOVER, CROSS SHUFFLE RIGHT, SIDE ROCK, RECOVER, CROSS SHUFFLE LEFT**

1-2            Rock right to right side, recover onto left  
3&4           Cross right over left, step left to left side, cross right over left  
5-6           Rock left to left side, recover onto right  
7&8           Cross left over right, step right to right side, cross left over right

**[25-32] CHASSE TO SIDE RIGHT, BACK ROCK RECOVER, CHASSE TO LEFT SIDE, BACK ROCK RECOVER**

1&2           Chasse to side right stepping (Right-Left-Right)  
3-4           Rock left back, recover onto right  
5&6           Chasse to side left stepping (Left-Right-Left)  
7-8           Rock right back, recover onto left

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