

How Are You? (Ho Seh Bo)

COPPER KNOB
STEPSHEETS

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Chew Catherine (SG) - December 2020
音乐: How Are You? - Li Fei Hui : (from the original Singapore TV series)



Dance Sequence : ABB CC/ABB CC/A-CC AA / Ending
Intro : 16 counts

Part A: (16 counts)

A[1-8] SWIVEL TO R, CLAP; SWIVEL TO L, CLAP

1234 Move both heels to R, both toes to R, both heels to R, hold with hand clap
5678 Move both heels to L, both toes to L, both heels to L, hold with hand clap (12.00)#

Dance only 8 counts for (A-)

A[9-16] SIDE, CLOSE, SIDE, TOUCH WITH "SHOOP SHOOP" ARMS MOVE

1234 Step Rf to R, Step Lf next to Rf, Step Rf to R, touch Lf next to Rf with clap
5678 Step Lf to L, step Rf next to L, step Lf to L, touch Rf next to Lf with clap (12.00)

Part B: (32 Counts)

B[1-8] STOMP, HEEL, TOE, HEEL; STOMP, HEEL, TOE, HEEL

1234 Stomp Rf Diagonal forward R, move L heel forward, L toe forward, move L heel forward
5678 Stomp Lf diagonal forward L, move R heel forward, R toe forward, move R heel forward
(12.00)

B[9-16] BACK TOE STRUT RLRL

1234 5678 (Touch R toe back, step R heel down; Touch L toe back, step L heel down) x 2 (12.00)

B[17-24] ROLLING VINE, TOUCH; SIDE, CLOSE, SIDE, TOUCH

1234 5678 Turn 1/4R, 1/2 R, 1/4 R (Move to R); Step Lf to L, step Rf next to L, step Lf to L, touch Rf
next to Lf (12.00)

B[25-32] 1/4 JAZZ BOX TWICE

1234 5678 (Step Rf cross over L, step back on Lf, 1/4 R step R to R, step Lf next to Rf) x 2 (6.00)

Part C: (32 Counts)

C[1-8] 4 TIMES HEEL TAPS ON R & L WITH UPPER BODY SHIMMY

1234 Step Rf to R tap R heel 4 times with upper body shimmy
5678 Step Lf to L tap L heel 4 times with upper body shimmy (12.00)

C[9-16] 1/4 CHARLESTON STEP TWICE

1234 5678 (Touch Rf forward, step Rf back, turn 1/4 L touch Lf back, step Lf forward) x2 (6.00)

C[17-24] FORWARD DIAGONAL SLIDE R & L; BACK DIAGONAL SLIDE R & L

1234 Step Rf big step to R diagonal forward, touch Lf next to Rf; Step Lf big step to L diagonal
forward, touch Rf next to Lf
5678 Step Rf big step to R diagonal back, touch Lf next to Rf; step Lf big step to L diagonal back,
touch Rf next to Lf (6.00)

C[25-32] (SIDE & TOUCH WITH SHIMMY, DRUM BEAT) TWICE

1234 Step Rf to R, touch Lf next to R (shimmy shoulders for 2 counts); drum beat on R for 2 counts
5678 Step Lf to L, touch Rf next to L (shimmy shoulders for 2 counts); drum beat on L for 2 counts

Ending V STEP WITH FIST ROLL

1234 Step Rf diagonal R forward, step Lf diagonal L forward, step Rf back to centre, step Lf next to R (12.00)

Happy Dancing!

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