

How Do

拍数: 32 墙数: 0 级数:
编舞者: James O. Kellerman (USA)
音乐: Down In Muddy Water - Brother Phelps



Position: Dance is done in 2 circles. One on the inside facing out, the other on the outside facing in. Stagger start dancers between people. The first person you will shake hands with is across the circle to your left. You can have both men and women in either line

SHUFFLE FORWARD, ROCK-STEP

- 1 Step forward with right foot
- & Step together with left foot
- 2 Step forward with right foot
- 3 Step forward onto left foot
- 4 Rock back onto right foot

SHUFFLE BACK, ROCK-STEP

- 5 Step back with left foot
- & Step together with right foot
- 6 Step back with left foot
- 7 Step back onto right foot
- 8 Rock forward onto left foot

¼ TURN, SIDE, TOGETHER, SHAKE HANDS

- 9 Step ¼ turn left with right foot
- & Step together with left foot next to right foot
- 10 Step to right side with right foot
- 11-12 Touch left toe next to right foot, shake neighbors left hand twice, saying "how do!"

SIDE SHUFFLE, SHAKE HANDS

- 13 Step to left side with left foot
- & Step together with right foot next to left foot
- 14 Step to left side with left foot
- 15-16 Touch right toe next to left foot, shake neighbors right hand twice, saying "just fine"

CROSS ROCK-STEP, TRIPLE STEP

- 17 Step forward-left across left leg with right foot
- 18 Rock back onto left foot
- 19 Step together with right foot next to left foot
- & Step in place with left foot
- 20 Step in place with right foot

STEP, ¼ TURN, TOUCH, SLAP

- 21 Step forward with left foot
- 22 Pivot ¼ turn right, shift weight to right foot
- 23 Touch left toe next to right foot
- 24 Slap right hand with dancer across to your right and left hand with dancer across to your left, saying :whoo!"

STEP, SLIDE, STEP, SLIDE

- 25 Step to left side with left foot
- 26 Slide right foot next to left foot

- 27 Step to left side with left foot
- 28 Slide right foot next to left foot

HIP BUMPS: RIGHT, LEFT, RIGHT, LEFT

- 29 Bump hips to right side
- 30 Bump hips to left side
- 31 Bump hips to right side
- 32 Bump hips to left side

You will have moved 1 person to your left.

REPEAT
