

How Are You Today (GB)

COPPER KNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Easy Beginner
編舞者: Adrian Helliker (FR) - October 2016
音樂: 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
