

How Are You Lately?

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Stephanie Chong (MY) - February 2018
音樂: Zui Jin Hai Hao Ma (How Are You Lately) by S.H.E



Sequence of dance: 32, 16, 32, Tag, 32, 16, 32, 32, 16-ending

SECTION ONE: (1-8) Side Together Forward (2x), Rock Recover, ½ Turn, ¼ Side, Back Rock

1-2& Step R to right (1), Step L beside R (2), Step R forward (&)
3-4& Step L to left (3), Step R beside L (4), Step L forward (&)
5-6& Rock R forward (5), Recover on L (6), ½ turn right Step R forward (&)
7-8& ¼ right step L to side (7), Rock R behind (8), Recover on L (&) [9:00]

SECTION TWO: (9-16) ½ Turn, Sailor Step, Behind, ¼ Turn, Rock Recover, ½ Turn, ½ Pivot, ¼ Pivot

1-2&3 ½ turn right step R back & sweep L (1), Step L behind (2), Step R beside L (&), Step L to side (3) [3:00]
4&5 Step R behind L (4), ¼ left step L forward (&), Rock R forward (5) [12:00]
6& Recover on L (6), ½ turn right step R forward (&) [6:00]
7&8& Step L forward (7), ½ pivot right (&), Step L forward (8), ¼ pivot right [3:00]

SECTION THREE: (17-24) Cross Rock (2x), 2 Prissy Walks, Rock Recover

1-2& Rock L over R (1), Recover on R (2), Step L to side (&)
3-4& Rock R over L (3), Recover on L (4), Step R to side (7)
5-6-7 Step L forward (5), Step R forward (6), Rock L forward (7)
8& Recover on R (8), ½ turn left step R forward (&) [9:00]

SECTION FOUR: (25-32) Nightclub 2 Steps, ¼ turn, ½ Pivot Step, Full Turn Left

1-2& Step R to side (1), Rock L behind R (2), Recover on R (7)
3-4& Step L to side (3), Rock R behind L (4), Recover on L (&)
5-6&7 ¼ turn right step R forward (5), Step L forward (6), ½ pivot turn right (&) Step L forward (7)
8& ½ turn left step R back (8), ½ turn left step L forward (&) [6:00]

Short Wall (16 counts) on Wall 2 & Wall 5

(9-16) ½ Turn, Sailor Step, Behind, ¼ Turn, Rock Recover, ½ Turn, ½ Pivot, ¼ Pivot

1-2&3 ½ turn right step R back & sweep L (1), Step L behind (2), Step R beside L (&), Step L to side (3)
4&5 Step R behind L (4), ¼ left step L forward (&), Rock R forward (5)
6& Recover on L (6), ½ turn right step R forward (&)
7&8& Step L forward (7), ½ pivot right (&), ¼ turn right step L to side (8), Touch R beside L (&)

TAG: 12 count Tag

(1-12) Step Together Forward (2x), Cross Rock (2x), 4 walks

1-2& Step R to right (1), Step L beside R (2), Step R forward (&)
3-4& Step L to left (3), Step R beside L (4), Step L forward (&)
5-6& Cross R over L (5), Recover on L (6), Step R to side (&)
7-8& Cross L over R (7), Recover on R (8), Step L to side (&)

1-2-3-4 Walk R-L-R-L over left shoulder to make a ¾ anti-clockwise turn

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