

# Hello How Are You

拍數: 64      牆數: 4      級數: Improver  
編舞者: Maryanti (INA) - June 2020  
音樂: Hello by No Mercy



Intro: 32 Count

## SEC 1: FORWARD ROCK, RECOVER, BACK LOCK SHUFFLE, BACK ROCK, RECOVER, FORWARD LOCK SHUFFLE

1-2            Rock R forward, Recover on L  
3&4           Step R back, Cross L over R, Step R back  
5-6           Rock L back, Recover on R  
7&8           Step L forward, Lock R behind L, Step L forward

## SEC 2: SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

1-2            Rock R to side, Recover on L  
3&4           Cross R over L, Step L to side, Cross R over L  
5-6           Rock L to side, Recover on R  
7&8           Cross L over R, Step R to side, Cross L over R

## SEC 3: DIAGONAL FORWARD, LOCK BEHIND, DIAGONAL FORWARD LOCK SHUFFLE

1-2            Step R forward diagonally R, Lock L behind R  
3&4           Step R forward diagonally R, Lock L behind R, Step R forward diagonally R  
5-6           Step L forward diagonally L, Lock R behind L  
7&8           Step L forward diagonally L, Lock R behind L, Step L forward diagonally L

## SEC 4: DIAGONAL FORWARD ROCK, RECOVER, RIGHT CHASSE, DIAGONAL FORWARD ROCK, RECOVER, LEFT CHASSE

1-2            Rock R forward diagonally L, Recover on L  
3&4           Step R to side, Step L next to R, Step R to side  
5-6           Rock L forward diagonally R, Recover on R  
7&8           Step L to side, Step R next to L, Step L to side

## SEC 5: ¼ LEFT TURN SIDE, TOGETHER, ¼ LEFT TURN BACK, ¼ LEFT TURN LEFT CHASSE, DIAGONAL FORWARD ROCK, RECOVER, RIGHT CHASSE

1&2            Make ¼ L turn step R to side, Step L next to R, Make ¼ L turn Step R back  
3&4            Make ¼ L turn step L to side, Step R next to L, Step L to side  
5-6            Rock R diagonally L, Recover on L  
7&8            Step R to side, Step L next to R, Step R to side

## SEC 6: ¼ RIGHT TURN SIDE, TOGETHER, ¼ RIGHT TURN BACK, ¼ RIGHT TURN RIGHT CHASSE, TOGETHER, SIDE, DIAGONAL FORWARD ROCK, RECOVER, LEFT CHASSE

1&2            Make ½ R turn step L to side, Step R next to L, Make ¼ R turn Step L back  
3&4            Make ¼ R turn step R to side, Step L next to R, Step R to side  
5-6            Rock L forward diagonally R, Recover on R  
7&8            Step L to side, Step R next to L, Step L to side

## SEC 7: BACK ROCK, RECOVER, RIGHT CHASSE, BACK ROCK, RECOVER, LEFT CHASSE

1-2            Rock R back, Recover on L  
3&4            Step R to side, Step L next to R, Step R to side  
5-6            Rock L back, Recover on R  
7&8            Step L to side, Step R next to L, Step L to side

**SEC 8: FORWARD TOUCH, SIDE TOUCH, RIGHT BACK COASTER STEP, FORWARD TOUCH, SIDE TOUCH, LEFT BACK COASTER STEP**

1-2            Touch R to forward, Touch R toe outside R  
3&4           Step R back, Step L next to R, Step R forward  
5-6           Touch L toe forward, Touch L toe outside L  
7&8           Step L back, Step R next to L, Step L forwar

**Enjoy the dance & have fun**

**Restart during wall 2 after 16 count dance facing 3.00 o'clock**

**Restart during wall 4 after 8 count dance facing 6.00 o'clock**

**For more information about this dance please contact: [gieprod@yahoo.com](mailto:gieprod@yahoo.com)**

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