

# How Are You? (Ho Seh Bo)

**COPPER** KNOB  
STEPSHEETS

拍數: 80                      牆數: 2                      級數: Phrased Intermediate  
編舞者: Chew Catherine (SG) - December 2020  
音樂: 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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