

# How R U Doin'?

拍數: 64      牆數: 4      級數: Phrased Intermediate  
編舞者: Kim Liebsch (DK) - April 2021  
音樂: How R U Doin? - Aqua



Intro: 16 counts after 1'st beat (appr. 9 seconds)

Start with weight on L foot

Sequence: A – B – A – A – A – B – A – A – A (restart) – A (restart) A (tag) – A – A – A

\*\*\*3 Restarts: (1) On wall 9 after 16 counts (\*3:00)- (2) On wall 10 after 16 counts (\*\*12:00)

Tag: On wall 11 after 16 counts - L side rock, sailor step X 3, R-L-R (#9:00)

## A pattern

### A1 section: Touch ball step X 2, rocking chair

1&2      Touch R beside L, step R next to L, small step fw. on L 12:00  
3&4      Touch R beside L, step R next to L, small step fw. on L 12:00  
5-6      Rock fw. on R, recover on L 12:00  
7-8      Rock back on R, recover on L 12:00

### A2 section: Touch ball step X 2, step ¼ turn, step knee pop

1&2      Touch R beside L, step R next to L, small step fw. on L 12:00  
3&4      Touch R beside L, step R next to L, small step fw. on L 12:00  
5-6      Step fw. on R, make ¼ turn L stepping L to L side 9:00  
7&8      Step fw. on R, lift both toes, drop both heels (knee pop)- weight is on L (\*3:00)(\*\*12:00)  
(#9:00) 9:00

### A3 section: Kick ball step X 2, cross ¼ turn side (jazzbox) out out

1&2      Kick R fw. step R next to L, step fw. on L 9:00  
3&4      Kick R fw. step R next to L, step fw. on L 9:00  
5-6-7      Cross R over L, make ¼ turn R stepping back on L, step R to R side 12:00  
&8      Step out L, step out R 12:00

### A4 section: Knee pops X 2, in in step fw. 4 bounces ¼ turn

&1&2      Lift both toes, drop both heels X 2 12:00  
&3-4      Step In R, step in L, step fw. on R 12:00  
5-6-7-8      Bounce 4 times ¼ turn L 9:00

## B pattern

### B1 section: 2 X Vaudeville, 2 X touch, rock recover

1&2      Cross R over L, small step back on L, tap R heel fw. 9:00  
&3&4      Step R beside L, cross L over R, small step back on R, tap L heel fw. 9:00  
&5&6      Step L beside R, touch R beside L, step R beside L, touch L beside R 9:00  
&7-8      Step L beside R, rock fw, on R, recover on L 9:00

### B2 section: Shuffle full turn, coaster step, walk walk

1&2      Make ¼ turn R stepping R to R side, step L next to R, make ¼ turn R stepping fw. on R 3:00  
3&4      Make ¼ turn L, stepping L to L side, step R next to L, make ¼ turn L stepping back on L 9:00  
5&6      Step back on R, step L beside R, step fw. on R 9:00  
7-8      Walk fw. on L, walk fw. on R 9:00

### B3 section: Step ¼ turn, cross shuffle, 2 X ¼ turn, cross shuffle

1-2      Step fw. on L, make ¼ turn stepping R to R side 12:00  
3&4      Cross L over R, step R to R side, cross L over R 12:00

5-6            Make ¼ turn L stepping back on L, make ¼ turn L stepping L to L side 6:00  
7&8            Cross R over L, step L to L side, cross R over L 6:00

**B4 section: Side rock, behind ¼ turn step, side rock, cross point side point**

1-2            Rock L to L side, recover on R 6:00  
3&4            Cross L behind R, make ¼ turn R stepping fw. on R, step fw. on L 9:00  
5-6            Rock R to R side, recover on L 9:00  
7-8            Cross point R over L, point R to R side 9:00

**GOOD LUCK & N'JOY!**

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