

# How You Doin'?

拍數: 32                      牆數: 2                      級數: Intermediate  
編舞者: Jan Clifford - August 2012  
音樂: Ain't Leavin' Without You - Jaheim



(32 count intro, begin on vocals)

**[1-8] Side, Behind-Side-Cross, Side Rock, Recover, Behind-Side-Cross & Cross**

1,2&3            big step R to side, step L behind R, step R to right, cross L over R  
4,5              rock to R (sway hips R), recover L (sway hips L)  
6&                step R behind L, ball step L to left  
7&8              cross R in front of L, ball step L to left, cross R in front of L (12:00)

**[9-17] Step, Touch, Step, Touch, Left Forward Mambo, Right Coaster Step & Step**

1,2              1/4 turn right step back L, touch R next to L (3:00)  
3,4              1/4 turn right step R to side, touch L next to R (6:00)  
5&6              rock forward L, recover R, step L next to R  
7&8&1          step back R, step L next to R, step forward R (upper body angled toward 7:30), ball step L forward, step forward R (body still angled toward 7:30)

**[18-24] Point, Cross, Point, Right Sailor Step, Left Sailor Step**

2,3,4            (squaring body to 6:00) point L to left, step L across R, point R to right  
5&6              step R behind L, step L to side, step R slightly forward  
7&8              step L behind R, step R to side, step L slightly forward (6:00)

**[25-32] Rock Back, Recover, Triple W 1/4 Turn, Step 1/2 Turn, 1/4 Step Touch**

1,2              rock R behind L, recover weight onto L  
3&4              step R to right, step L next to R, 1/4 turn right step forward R (9:00)  
5,6              step forward L, 1/2 turn R (3:00)  
7,8              1/4 turn right stepping L to left side, touch R next to L (6:00)

**TAG: Perform Tag Once After Wall 2, Twice After Wall 4 (Each Time Facing 12:00)**

**[1-8] Side Rock, Recover, Behind Side Cross, Side Rock, Recover, Behind Side Cross**

1,2              rock R to right, recover L  
3&4              step R behind L, step L to left, cross R over L  
5,6              rock L to left, recover R  
7&8              step L behind R, step R to right, cross L over R

**[1-8] Forward Rock, Recover, Triple 1/2 Turn, Forward Rock, Recover, Triple 1/2 Turn**

1,2              rock forward R, recover L  
3&4              1/4 turn right step R to side, step L next to R, 1/4 turn right step forward R  
5,6              rock forward L, recover R  
7&8              1/4 turn left step L to side, step R next to L, 1/4 turn L step forward L

Enjoy!

Contact: [janc\\_lindar@hotmail.com](mailto:janc_lindar@hotmail.com)