

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!

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