

How Are You Today (GB)

32 Count, 4 Wall, AB

Choreographer: Adrian Helliker (October 2016)

Choreographed to: How Are You Today - Dave Sheriff.

Album: A Good Old Country Song

Intro: 32 Counts

S1 Cross Rock, Recover, Chasse Side Right, Back Rock Left: Recov Er, Cross Rock, Recover, Chasse Side Left, Rock Back, Recover

1-2 Rock right over left, recover onto left

3&4 Chasse to side stepping (Right-Left-Right)

5-6 Rock left over right, recover onto right

7&8 Chasse to side with ¼ turn left stepping (Left-Right-Left)

S2 Pivot ½ Turn Left, Shuffle Forward Right, Pivot ½ Turn Right, Shuffle Forward Left

1-2 Step right forward, Pivot ½ turn left

3&4 Shuffle forward stepping (Right-Left-Right)

5-6 Step left forward, Pivot ½ turn right

7&8 Shuffle forward stepping (Left-Right-Left)

S3 Side Rock, Recover, Cross Shuffle Right, Side Rock, Recover, Cross Shuffle Left

1-2 Rock right to right side, recover onto left

3&4 Cross right over left, step left to left side, cross right over left

5-6 Rock left to left side, recover onto right

7&8 Cross left over right, step right to right side, cross left over right

S4 Chasse To Side Right, Back Rock Recover, Chasse To Left Side, Back Rock Recover

1&2 Chasse to side right stepping (Right-Left-Right)

3-4 Rock left back, recover onto right

5&6 Chasse to side left stepping (Left-Right-Left)

7-8 Rock right back, recover onto left