

# Hello How Are You

Count: 64

Wall: 4

Level: Improver

Choreographer: Maryanti – Yogyakarta (ID), June 2020

Music: Hello by No Mercy



## Intro: 32 Count

### SEC 1: FORWARD ROCK, RECOVER, BACK LOCK SHUFFLE, BACK ROCK, RECOVER, FORWARD LOCK SHUFFLE

- 1-2 Rock R forward, Recover on L
- 3&4 Step R back, Cross L over R, Step R back
- 5-6 Rock L back, Recover on R
- 7&8 Step L forward, Lock R behind L, Step L forward

### SEC 2: SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE

- 1-2 Rock R to side, Recover on L
- 3&4 Cross R over L, Step L to side, Cross R over L
- 5-6 Rock L to side, Recover on R
- 7&8 Cross L over R, Step R to side, Cross L over R

### SEC 3: DIAGONAL FORWARD, LOCK BEHIND, DIAGONAL FORWARD LOCK SHUFFLE

- 1-2 Step R forward diagonally R, Lock L behind R
- 3&4 Step R forward diagonally R, Lock L behind R, Step R forward diagonally R
- 5-6 Step L forward diagonally L, Lock R behind L
- 7&8 Step L forward diagonally L, Lock R behind L, Step L forward diagonally L

### SEC 4: DIAGONAL FORWARD ROCK, RECOVER, RIGHT CHASSE, DIAGONAL FORWARD ROCK, RECOVER, LEFT CHASSE

- 1-2 Rock R forward diagonally L, Recover on L
- 3&4 Step R to side, Step L next to R, Step R to side
- 5-6 Rock L forward diagonally R, Recover on R
- 7&8 Step L to side, Step R next to L, Step L to side

### SEC 5: ¼ LEFT TURN SIDE, TOGETHER, ¼ LEFT TURN BACK, ¼ LEFT TURN LEFT CHASSE, DIAGONAL FORWARD ROCK, RECOVER, RIGHT CHASSE

- 1&2 Make ¼ L turn step R to side, Step L next to R, Make ¼ L turn Step R back
- 3&4 Make ¼ L turn step L to side, Step R next to L, Step L to side
- 5-6 Rock R diagonally L, Recover on L
- 7&8 Step R to side, Step L next to R, Step R to side

### SEC 6: ¼ RIGHT TURN SIDE, TOGETHER, ¼ RIGHT TURN BACK, ¼ RIGHT TURN RIGHT CHASSE, TOGETHER, SIDE, DIAGONAL FORWARD ROCK, RECOVER, LEFT CHASSE

- 1&2 Make ½ R turn step L to side, Step R next to L, Make ¼ R turn Step L back
- 3&4 Make ¼ R turn step R to side, Step L next to R, Step R to side
- 5-6 Rock L forward diagonally R, Recover on R
- 7&8 Step L to side, Step R next to L, Step L to side

### SEC 7: BACK ROCK, RECOVER, RIGHT CHASSE, BACK ROCK, RECOVER, LEFT CHASSE

- 1-2 Rock R back, Recover on L
- 3&4 Step R to side, Step L next to R, Step R to side

5-6 Rock L back, Recover on R  
7&8 Step L to side, Step R next to L, Step L to side

**SEC 8: FORWARD TOUCH, SIDE TOUCH, RIGHT BACK COASTER STEP, FORWARD TOUCH, SIDE TOUCH, LEFT BACK COASTER STEP**

1-2 Touch R to forward, Touch R toe outside R  
3&4 Step R back, Step L next to R, Step R forward  
5-6 Touch L toe forward, Touch L toe outside L  
7&8 Step L back, Step R next to L, Step L forward

**Enjoy the dance & have fun**

**Restart during wall 2 after 16 count dance facing 3.00 o'clock**

**Restart during wall 4 after 8 count dance facing 6.00 o'clock**

**For more information about this dance please contact: [gieprod@yahoo.com](mailto:gieprod@yahoo.com)**

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