

# How Are You Today (GB)

**COPPER** KNOB  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Easy Beginner

**Choreographer:** Adrian Helliker (FR) - October 2016

**Music:** How Are You Today - Dave Sheriff : (Album: A Good Old Country Song)



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## Intro: 32 Counts

**[1-8] CROSS ROCK, RECOVER, CHASSE SIDE RIGHT, BACK ROCK LEFT: RECOVER, 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)

**[9-16] 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)

**[17-24] 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

**[25-32] 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
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