

# How Are You Today (GB)

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Easy Beginner  
编舞者: Adrian Helliker (FR) - October 2016  
音乐: How Are You Today - Dave Sheriff : (Album: A Good Old Country Song)



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

---