How Do



拍数: 32 墙数: 0 级数:

编舞者: James O. Kellerman (USA)

音乐: Down In Muddy Water - Brother Phelps



Position: Dance is done in 2 circles. One on the inside facing out, the other on the outside facing in. Stagger start dancers between people. The first person you will shake hands with is across the circle to your left. You can have both men and women in either line

SHUFFLE FORWARD, ROCK-STEP

1	Step forward with right foot
&	Step together with left foot
2	Step forward with right foot
3	Step forward onto left foot
4	Rock back onto right foot

SHUFFLE BACK, ROCK-STEP

5	Step back with left foot
&	Step together with right foot
6	Step back with left foot
7	Step back onto right foot
8	Rock forward onto left foot

1/4 TURN, SIDE, TOGETHER, SHAKE HANDS

9 Step ¼ turn left with right foot

& Step together with left foot next to right foot

10 Step to right side with right foot

11-12 Touch left toe next to right foot, shake neighbors left hand twice, saying "how do!"

SIDE SHUFFLE, SHAKE HANDS

13 Step to left side with left foot

& Step together with right foot next to left foot

14 Step to left side with left foot

15-16 Touch right toe next to left foot, shake neighbors right hand twice, saying "just fine""

CROSS ROCK-STEP, TRIPLE STEP

17 Step forward-left across left leg with right foot

18 Rock back onto left foot

19 Step together with right foot next to left foot

& Step in place with left footStep in place with right foot

STEP, 1/4 TURN, TOUCH, SLAP

21 Step forward with left foot

22 Pivot ¼ turn right, shift weight to right foot

23 Touch left toe next to right foot

24 Slap right hand with dancer across to your right and left hand with dancer across to your left,

saying:whoo!"

STEP, SLIDE, STEP, SLIDE

Step to left side with left footSlide right foot next to left foot

Step to left side with left footSlide right foot next to left foot

HIP BUMPS: RIGHT, LEFT, RIGHT, LEFT

Bump hips to right side
Bump hips to left side
Bump hips to right side
Bump hips to right side
Bump hips to left side
Bump hips to left side
You will have moved 1 person to your left.

REPEAT