

# How Are You Today (GB)

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Easy Beginner

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

**Music:** 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  $\frac{1}{4}$  turn left stepping (Left-Right-Left)

### **[9-16] PIVOT $\frac{1}{2}$ TURN LEFT, SHUFFLE FORWARD RIGHT, PIVOT $\frac{1}{2}$ TURN RIGHT, SHUFFLE FORWARD LEFT**

- 1-2**      Step right forward, Pivot  $\frac{1}{2}$  turn left
- 3&4**      Shuffle forward stepping (Right-Left-Right)
- 5-6**      Step left forward, Pivot  $\frac{1}{2}$  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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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=113989](https://www.linedance.com/index.php?f=dance_view&id=113989)