

# HOW DO YOU LIKE ME NOW

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Music: "How Do You Like Me Now", Celinda Pink

CD: "Swingin' the Blues, Volume II", Wanna Dance Records, Track #4

(Contact choreographer)

Rhythm/Phase: West Coast Swing, Phase VI

Timing: On sd of meas reflects actual wgt chgs (W in parentheses)

Sequence: **INTRO A A(Mod) B C A(Mod) B ENDING** Released: January, 2005



## INTRO

### 1 - 4 WT; WHIP WITH INSIDE TRN TO HOOK AND SNAP FREEZE;;;

{Wt} In LOP Fcg Pos LOD wt 1 meas;

{Whip w/ Inside Trn to Hook and Snap Freeze} Bk L, recov fwd & sd R moving to W's R sd comm ¼ RF trn CP, sd L cont RF trn ¼/rec R, sd & fwd L; Cont trn XRib of L lift ld hnds, sd L ld W to trn LF to end fcg LOD, XRib of L trn RF/in place L trn RF, fwd R fc RLOD w/ jnd ld hnds low bhd bk; Sharp swvl ½ LF on R ft to fc ptr & LOD w/ L ft pointed fwd, hold rest of meas,-,- (W fwd R, fwd L trn ½ RF to CP, bk R/cl L to R, fwd R; Fwd L start a LF trn undr ld hnds, fwd R cont trn ½ to fc RLOD, XLib of R trn LF/in place R trn LF, fwd L fc LOD w/ jnd ld hnds low bhd bk; Sharp swvl ½ RF on L ft to fc ptr & RLOD w/ R ft pointed fwd, hold rest of meas,-,-);

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567a8  
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## PART A

### 1 - 4 SUGAR PUSH - UNDRM TRN WITH SD BREAKS;;; FINISH UNDRM TRN;

{Sugar Push} Bk L, bk R to tight BFLY, tch L to R, fwd L pushing W out to LOP Fcg Pos (W fwd R, fwd L, tch R to L, bk R); Anchor in pl R/L,R,

{Undrm Trn w/ Sd Breaks} Bk L, fwd & sd R to lady's R sd trn ¼ RF raise jnd ld hnds/circ arnd W trng ½ RF ovr next 4 bts stp sd L sm stp; Sd R/half cl L, XRif of L/sd L sm stp, sd R/half cl L, XRif of L to end fcg COH (W fwd R, fwd L slight trn LF undr jnd ld hnds/circ ½ LF undr jnd ld hnds ovr next 4 bts stp sd R sm stp; Sd L/half cl R, XLif of R/sd R sm stp, sd L/half cl R, XLif of R to end fcg LOD);

{Finish Undrm Trn} Sd & fwd L trng RF/rec R trng RF, fwd L fc LOD (W sd R/XLif of R, trn LF bk R fc RLOD), anchor in pl R/L,R;

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a5a6

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### 5 - 12 SUGAR BUMP - RK WHIP (TO FC LOD) - UNDRM LUNGE & LADY BODY RIPPLE;;;;;;

#### W ACRS IN 4 (BTH FC WALL); POINT AWAY,-,FC/POINT,-;

{Sugar Bump} Bk L, rec R, bring L knee up & acrs bdy trng ½ RF on R & leaning slightly fwd rolling acrs bottom to bottom while trng, fwd L RLOD away from ptr releasing hnds and cont RF trn to fc ptr; Anchor R/L,R (W fwd R, fwd L, bring R knee up & acrs bdy trng ½ LF on L & leaning slightly fwd rolling acrs bottoms while trng, fwd R LOD away from ptr and cont LF trn to fc ptr; Anchor L/R,L),

{Rk Whip} Bk L, rec fwd & sd R moving to W's R sd comm ¼ RF trn to CP; Sd L cont RF trn ¼/rec R to fc ptr, sd & fwd L in CP RLOD, fwd R between W's ft trn RF strongly almost ½, cont trn RF to fc LOD rec L; Fwd R between W's ft trn RF strongly almost ½, cont trn RF to fc RLOD rec L, fwd R between W's ft trn RF strongly almost ½ to fc LOD, fwd L push off W; Anchor R/L,R (W fwd R, fwd L trn ½ RF to fc LOD; Bk R/cl L, fwd R between M's ft, sd & bk L trn strongly RF, cont trn RF rec R; Sd & bk L trn strongly RF, cont trn RF rec R, sd & bk L trn strongly RF, cont trn RF bk R; Anchor L/R,L) to LOP Fcg Pos LOD,

{Undrm Lunge & W Body Ripple} Bk L, rec R trng ¼ RF; Lun sd L LOD raising jnd ld hnds and leading W to trn sharply LF undr ld hnds catching W w/ R hnd on her bk and lowering jnd ld hnds, hold rest of meas,-,- (W fwd R, fwd L; Swvl sharply ½ LF on L ft & sit bk on R fwd RLOD to end in Sit Line fcg LOD, hold, ripple bdy upward ovr next two bts,-);

{W Acrs In 4} Keeping ld hnds jnd low stp sd RLOD R, cl L, sd R, cl L (W fwd LOD L, fwd R trng ¾ LF to fc Wall, sd LOD L, cl R) to end bth fcg Wall while releasing hnds and bth bringing hnds upward to cross in frnt of chest;

{Point Away,-,Fc/Point,-} Pt R sharply sd twd RLOD while extending bth arms dwn at sds twd floor,-/cl R to L while trng ¼ LF to fc ptr while joining ld hnds and placing free R hnd on R hip and pointing L ft twd ptr (W pt L sharply sd twd LOD while extending bth arms dwn at sds twd floor,-/cl L to R while trng ¼ RF to fc ptr while joining ld hnds and placing free L hnd on L hip and pointing R ft twd ptr)-;

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**PART A (MOD)**

- 1 - 10 **SUGAR PUSH - UNDRM TRN WITH SD BREAKS;;; FINISH UNDRM TRN;  
SUGAR BUMP - RK WHIP (TO FC LOD) - UNDRM LUNGE & LADY BODY RIPPLE;;;;;**  
Rpt meas 1-10 of PART A;;;;;;;
- 11-12 **W OUT TO FC & ANCHOR; SAILOR SHUFFLES;**  
 123a4 {**W Out to Fc & Anchor**} Rk sd R, rec L trng ¼ LF to fc ptr & LOD, anchor R/L,R (W fwd LOD L, fwd R trng ½ LF to fc ptr & RLOD in LOP Fcg Pos, anchor L/R,L);  
 1a23a4 {**Sailor Shuffles**} XLib of R/sm sd R, sm sd L, XRib of L/sm sd L, sm sd R (W XRib of L/sm sd L, sm sd R, XLib of R/sm sd R, sm sd L);

**PART B**

- 1 - 4 **QK CHKN WLK 4; L SD PASS WITH BARREL ROLL AND; W'S QK VINE; TUCK & TWIRL ENDING;**  
 1234 {**Qk Chkn Wlk 4**} Bk L, R, L, R (W toe out stepping fwd R, L, R, L);  
 123a4 {**L Sd Pass w/ Barrel Roll**} Bk L joining M's R & W's L so that all hnds are jnd, sd & bk R moving off the track and trng LF to fc COH while bringing jnd hnds tog and commencing to swing them twd LOD and upward, cont swinging hnds upward and rk sd L/rec R trng ½ RF to fc Wall, sm sd L while taking jnd hnds up and ovr bth heads then twd RLOD during this trpl stp (W fwd R, fwd L to dbl handhold commencing to roll LF, roll 1½ LF on COH sd of M stepping bk R/fwd L, bk R while taking jnd hnds up so that they pass ovr bth ptr's heads) to end w/ M fcg Wall and W fcg LOD on R sd of M w/ all hnds still jnd and extended to R sd of M and in frnt of W;  
 --3- {**W's Qk Vine**} Spreading arms apt to tight BFLY keep wgt on L while lowering in L knee and allowing R ft to pt sd twd RLOD,-,roll wgt to R ft keeping wgt low in knees and allowing L ft to pt sd twd LOD,- (W swvl LF on R to fc COH and commence grapevine action acrs frnt of M moving twd LOD XLib of R/sd R, XLif of R/sd R, XLib of R/sd R, XLif of R) to end in tight BFLY w/ M fcg Wall and W fcg COH on L sd of M;  
 (1a2a3 a4) {**Tuck & Twirl Ending**} Tch L to R, fwd L LOD, anchor R/L,R (W tuck in LF tch R to L, trn RF to stp away from M fwd R to trn RF undr jnd ld hnds to fc ptr, anchor L/R,L) to LOP Fcg Pos LOD;  
 -23a4
- 5 - 8 **WHIP SPIN;; L SD PASS WITH TUCK & HEAD LOOP SPN & SLIDE APT;**  
 123a4 {**Whip Spn**} Bk L, rec fwd & sd R moving to W's R sd comm ¼ RF trn to CP, sd L cont RF trn ¼/rec R, sd & fwd L (W fwd R, fwd L trng ½ RF, bk R/cl L, fwd R) bringing jnd ld hnds dwn bhd W's bk and changing her R hnd to M's R hnd; Trng ¼ RF XRib of L, cont RF trn ¼ more to fc LOD stepping fwd L, anchor R/L,R (W fwd LOD L, R spinning 1½ RF while keeping R hnds jnd low, anchor L/R,L) to end fcg ptr and LOD w/ R hnds jnd;  
 567a8 {**L Sd Pass w/ Tuck & Headloop Spn**} Trng LF to fc COH sd L leading W fwd, rec R joining L hnds undr jnd R hnds trng LF to fc RLOD, tch L to R leading W to swvl LF, sm fwd L; Trpl in place R/L,R trng ¼ LF to fc Wall (W fwd R, fwd L past M joining L hnds undr jnd R hnds, swivelling LF on L to fc M tch R, sd R comm spn 1¼ RF undr jnd R hnds while leaving L hnds still jnd; Cont RF spn L/R,L while swinging jnd R hnds dwn then swinging jnd L hnds up to pass ovr W's head then bhd his neck and then swing R hnds up again to pass in frnt of W's face and ovr her head to rest on her R shldr w/ M's R arm bhd her neck) to end bth fcg Wall w/ jnd R hnds on W's R shldr w/ M's R arm bhd W's neck and jnd L hnds on M's L shldr w/ W's L arm bhd M's neck,  
 12-45a6 {**Slide Apt**} Rel all hnds and slide apt twd LOD (W twd RLOD) sd L/cl R, sd L while allowing M's R hnd to slide acrs back of W's neck and dwn to her L arm to join M's R & W's L hnds to "V" position fcg ptr & Wall;  
 1a2
- 9 -10 **KICK/BALL CROSS TO MERENGUE PASS (IN 4); --,AND FC WITH A POINT;**  
 -a2 {**Kick/Ball, Cross**} Kck R twd ptr/cl R to L, XLif of R while releasing jnd hnds and commencing to slide bhd W (W kck L twd ptr/cl L to R, XRif of L commencing to slide in frnt of M)  
 1234 {**Merengue Pass**} Releasing hnds slide bhd W stepping sd R twd RLOD, cl L; Sd R, cl L (W slide in frnt of M stepping sd L twd LOD, cl R; Sd L, cl R),  
 1- {**Fc Point**} Joining M's L & W's R hnds stp sd RLOD R trng ¼ LF to fc ptr & LOD, pt L twd ptr (W sd LOD L trng ¼ RF to fc ptr & RLOD, pt R twd ptr) to LOP Fcg Pos LOD;

**PART C**

**1 - 4 INSIDE TUNNEL PASS; -,-, DBL INSIDE WHIP WITH INSIDE TRN (BTH FC COH);:::**

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**{Inside Tunnel Pass}** Bk L, fwd & sd R to lady's R sd trn ¼ RF raise jnd ld hnds, sd & fwd L trng RF/rec R trng RF to fc RLOD, fwd L RLOD passing W on her L sd and trng ½ RF undr jnd ld hnds to fc LOD; Anchor R/L,R (W fwd R, fwd L trn ¼ LF undr jnd ld hnds, sd & fwd R trng LF/rec L trng LF to fc LOD, fwd R LOD passing M on his L sd and trng ½ LF to fc RLOD; Anchor L/R,L) to LOP Fcg Pos LOD,  
**{Dbl Inside Whip w/ Inside Trn}** Bk L, rec R fwd & sd R moving to W's R sd comm ¼ RF trn to CP; Sd L cont RF trn ¼/rec R, sd & fwd L to fc RLOD (W fwd R, fwd L trng ½ LF undr jnd ld hnds to fc LOD; Bk R/cl L, fwd R) to CP, XRib of L trng RF, sd & fwd L cont trng RF to fc LOD; XRib of L trng RF and raising jnd ld hnds for W's inside trn, sd & fwd L cont trng RF to fc RLOD to LOP Fcg Pos RLOD, anchor R/L,R trng slightly RF and stepping slightly fwd twd COH on last stp (W fwd & sd L trng RF, fwd R to fc RLOD; Fwd L commencing to pass M's R sd, fwd R trng ½ LF undr jnd ld hnds to fc ptr & LOD, anchor L/R,L trng slightly LF and stepping slightly fwd twd COH on last stp) to LOP "V" Pos fcg ptr & COH w/ ld hnds jnd jow;

**5 - 8 TWIST HITCH 3 TIMES; -,-, (TO FC) DBL INSIDE WHIP WITH INSIDE TRN (BTH FC WALL);:::**

-a2-a4-  
a6

**{Twist Hitches}** Keeping ld hnds jnd low throughout the Twist Hitches swvl LF on R ft and pt L fwd twd Wall/swvl RF on R and cl L to R, slide R ft fwd twd COH, swvl LF on R ft and pt L fwd twd Wall/swvl RF on R and cl L to R, slide R ft fwd twd COH; Swvl LF on R ft and pt L fwd twd Wall/swvl RF on R and cl L to R to LOP Fcg Pos, stp bk R (W swvl RF on L ft and pt R fwd twd Wall/swvl LF on L and cl R to L, slide L ft fwd twd COH, swvl RF on L ft and pt R fwd twd Wall/swvl LF on L and cl R to L, slide L ft fwd twd COH; Swvl RF on R ft and pt L fwd twd Wall/swvl LF on L and cl R to L, w/ sm stp slide L fwd twd COH then swvl RF to fc M) to LOP Fcg Pos LOD *[Note: The Twist Hitches will progress inward twd COH],*  
**{Dbl Inside Whip w/ Inside Trn}** Rpt this figure as described above, w/ all facing directions reversed, to end in LOP "V" Pos fcg ptr & Wall

**9 -12 TWIST HITCH 3 TIMES; -(TO FC),SUGAR PUSH WITH POINTS AND TAPS AND HIP ROLL;:::**

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a-a-a-

**{Twist Hitches}** Rpt this action as described above, w/ all facing directions reversed, to end in LOP Fcg Pos LOD  
**{Sugar Push w/ Points and Taps}** Bk L, bk R to tight BFLY; Tch L to R, fwd L pushing W out to LOP Fcg Pos/stp apt R, pt L fwd twd ptr/pull L bk twd R and cl ft, tap R beside L; On "&" ct from previous bt stp sm bk R undr bdy then pt L fwd twd ptr on the downbeat/pull L bk twd R and cl ft, tap R beside L (W fwd R, fwd L; Tch R to L, bk R/stp apt L, pt R fwd twd ptr/pull R bk twd L and cl ft, tap L beside R; On "&" ct from previous bt stp sm bk L undr bdy then pt R fwd twd ptr on the downbeat/pull R bk twd L and cl ft, tap L beside R),  
**{Hip Roll}** With wgt on L ft push hips twd Wall and roll them CW ovr next two bts making one full revolution, fin hip roll while transferring wgt to R (W push hips twd Wall and roll them CCW ovr the next two bts making one full revolution, fin hip roll while transferring wgt to L);

**ENDING**

**1 - 4 TUMMY WHIP:: START A SURPRISE WHIP; AND FREEZE,-,-,:**

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**{Tummy Whip}** Bk L, rec fwd & sd R moving to W's R sd comm ¼ RF trn to CP, sd L cont RF trn ¼ put R hnd on W's R hip bone/rec R completing RF trn ½, fwd L; XRib of L trng RF ½ leading W bk, fwd L, anchor R/L,R joining ld hnds (W fwd R, fwd L, fwd R/cl L, bk R; Bk L, bk R, anchor L/R,L) to LOP Fcg Pos LOD;

123a4

**{Start Surprise Whip}** Bk L, rec fwd & sd R moving to W's R sd comm ¼ RF trn, sd L cont RF trn ¼/rec R, sd & fwd L to fc RLOD (W fwd R, fwd L trng RF to fc M, bk R/cl L, fwd R) end mom CP M fcg RLOD;

1---

**{Freeze}** Leading W to trn RF stp fwd R flexing knee w/ check motion (W trn ½ RF on R and ck bk L twd LOD flexing knee), hold position,-,-;