

Be Happy

Count: 64

Wand: 2

Ebene: Improver

Choreograf/in: Debbie Hogg (UK) - March 2014

Musik: Happy - Pharrell Williams



Section 1: 4 Slow Walks Forward

1-4 Step R forward, Hold, Step L forward, Hold
5-8 Step R forward, Hold, Step L forward, Hold

Section 2: Forward & Back Step Touches

1-4 Step R forward, Touch L beside R, Step L back, Touch R beside L
5-8 Step R forward, Touch L beside R, Step L back, Touch R beside L

Section 3: Big Step Right, Drag L, Touch, 4 Hip Bumps

1,2,3 Big step R to R side, Drag L towards R (Circle arms up & out to side)
4 Touch L beside R
5-8 Bump hips to L, Bump hips to R, Bump hips to L, Bump hips to R

Section 4: Side Touches x2, Step L, Step R Across L, Step L, Kick R

1-4 Touch L to L side, Touch L beside R, Touch L to L side, Touch L beside R
5-7 Step L to L side, Cross step R in front of L, Step L to L side,
8 Kick R to R diagonal front

Section 5: Twists to R & Clap, Twists to L & Clap

1-4 Twist both heels to R, Twist both toes to R, Twist both heels to R, Hold & clap
5-8 Twist both heels to L, Twist both toes to L, Twist both heels to L, Hold & clap

Section 6: Side Step Touches & Claps

1,2 Step R to R side, Hold & clap to R side at low level
3,4 Step L to L side, Hold & clap to L side at low level
5,6 Step R to R side, Hold & clap to R side at high level
7,8 Step L to L side, Hold & clap to L side at high level

Section 7: Slow Jazz Box Swinging Arms

1,2 Step R across in front of L swinging both arms to R, Hold
3,4 Step L back swinging both arms to L, Hold
5,6 Step R to R side swinging both arms to R, Hold
7,8 Step L forward swinging both arms to L, Hold

Section 8: Cross, Hold, Unwind ½ L, Hold, Jazz Box

1,2 Cross R in front of L, Hold
3,4 Unwind ½ turn L (weight ends on L), Hold
5,6 Cross R in front of L, Step back on L
7,8 Step R to R side, Step L forward.

Contact: Dancndeb@sky.com