

# Be Happy

COPPER KNOB  
STEPSHEETS

拍数: 96      墙数: 2      级数: Phrased Improver  
编舞者: Mary Frances Chua (MY) - February 2017  
音乐: 'Fang Kai Yidian Dian' by Timi Zhuo



Sequence of Dance: □ABAC / ABAC / BA / Ending C-  
INTRO: Count 16

## Part A: □Count 32

### A1: □RIGHT & LEFT SIDE SHUFFLE, BACK ROCK RECOVER

1&2 3 4      Shuffle to right on RLR, Step back on L, Recover on R (stretch & raise hands)  
5&6 7 8      Shuffle to left on LRL, Step back on R, Recover on L (stretch & raise hands)

### A2: □( FORWARD STEP HITCH, FORWARD SHUFFLE ) 2X

1 2 3&4      Step R fwd, L hitch, fwd shuffle on LRL  
5 6 7&8      Step R fwd, L hitch, fwd shuffle on LRL

### A3: □RIGHT ROCK RECOVER, BACK SHUFFLE, LEFT ROCK RECOVER, FORWARD SHUFFLE

1 2 3&4      Rock R fwd, Recover on L, Back shuffle on RLR  
5 6 7&8      Rock L back, Recover on R, Fwd shuffle on LRL

### A4: □SIDE ROCK CROSS SHUFFLE, HALF TURN LEFT CROSS SHUFFLE

1 2 3&4      Step R to side, Recover on L, Cross shuffle on RLR  
5 6 7&8      Left turn ½ stepping on L – R [6:00], Cross shuffle on LRL

## Part B: □Count 32

### B1: □RIGHT WEAWE, SIDE SHUFFLE, BACK ROCK RECOVER

1 2 3 4      Step R to right side. L back, R to right side, L fwd  
5&6 7 8      Shuffle to right on RLR, Step back on L, Recover on R

### B2: □LEFT WAEVE, SIDE SHUFFLE, BACK ROCK RECOVER

1 2 3 4      Step L to left side, R back, L to left side, R fwd  
5&6 7 8      Shuffle to left on LRL, Step back on R, Recover on L

### B3: □RIGHT HIP BUMP, QUARTER TURN LEFT HIP BUMP, JAZZ BOX

12 34      Twice R hip bump, ¼ left turn twice L hip bump [3:00] (hands on hips)  
5 6 7 8      Fwd cross R over L, L back, Step R to right side, L fwd

### B4: □RIGHT HIP BUMP, QUARTER TURN LEFT HIP BUMP, JAZZ BOX

12 34      Twice R hip bump, ¼ left turn twice L hip bump [12:00] (hands on hips)  
5 6 7 8      Fwd cross R over L, L back, Step R to right side, L fwd

## Part C : □Count 32

### C1: □RIGHT & LEFT SIDE STEP TOGETHER STEP TOUCH

1 2 3 4      Step R to right side, L together. step R to side, L touch beside R  
5 6 7 8      Step L to left side, R together, step L to side, R touch beside L

### C2: □RIGHT & LEFT SMALL SWAY-WALK FORWARD TOUCH

1 2 3 4      Small step-sway fwd on RLR, touch L beside R  
5 6 7 8      Small step-sway fwd on LRL, touch R beside L

**\*\* End dance with a pose \*\***

### C3: □RIGHT & LEFT SIDE STEP TOGETHER STEP TOUCH

1 2 3 4      Step R to right side, L together. step R to side, L touch beside R

5 6 7 8            Step L to left side, R together, step L to side, R touch beside L

**C4: □RIGHT & LEFT SMALL SWAY-WALK BACK TOUCH**

1 2 3 4            Small step-sway backward on RLR, touch L beside R

5 6 7 8            Small step-sway backward on LRL, touch R beside L

**\*Dance with joy & BE HAPPY\***

**CONTACTS:-**

[maryfrances.ccrmmcc@gmail.com](mailto:maryfrances.ccrmmcc@gmail.com)

<https://www.youtube.com/user/mfchuabb>

<https://maryfrancesbb88.wordpress.com/>

---