

Happy Dance

COPPER KNOB
STEPSHEETS

拍数: 176 墙数: 2 级数: Phrased Advanced
编舞者: Kerry Maus (USA) - May 2017
音乐: Happy Dance - MercyMe : (Album: Lifer - 2:52)



(Don't let the 176 counts scare you) Sequence: A B A B C B

** - 1st Place USLDCC phrased @ Line Dance Marathon

No Intro – Start as soon as the song starts.

Section A: 48 counts

A[1-8] □□SIDE, HOLD, SAILOR STEP, BALL, SIDE, HOLD, CROSS TOUCH, SIDE TOUCH

1,2 3&4 1) Step R to right, 2) hold, 3) step L behind R, &) step R to right, 4) step L to left
&5,6 7,8 &) Step R beside L, 5) step L to left, 6) hold, 7) cross touch R over L, 8) touch R out to right
(arm movements: Point fwd w/ both hands on count 5 w/ the lyric "You")

A[9-16] CROSS TOUCH, STEP R W/ SHOULDER SHAKE, BALL STEP, ROCK, RECOVER, KICK BALL STEP

1,2&3 1) Cross touch R over L, 2) step R to right/shoulder fwd, &) shoulder back, 3) shoulder fwd
&4,5,6 &) Step L beside R, 4) step R to right, 5) rock L back, 6) recover to R
7&8 7) Kick L, &) step L beside R, 8) step R fwd toward 11:00

A[17-24] □DIAGONAL STEP FWD W/LEAN & ROLL, MAMBO STEP, BIG STEP BACK & DRAG, BACK, FWD, FWD

1,2 1) Step L heel fwd toward 11:00 with body leaning back, 2) roll body fwd taking weight fully onto L
3&4 3) Rock R fwd, &) recover to L, 4) step R back
5,6 5) Step L back toward 5:00, 6) drag R foot back beside L
7&8 7) Turn 1/8 left stepping R back [9:00], &) turn 1/4 left stepping L fwd [6:00], 8) step R fwd

A[25-32]□TOE STRUTS W/ HIP BUMPS (X2) SYNCOPATED JAZZ BOX W/ CROSS, STEP L

1&2 1) Step L toe fwd, bump hips left, &) bumps hips right, 2) drop L heel as you bump hips left and step on L
3&4 3) Step R toe fwd, bump hips right, &) bumps hips left, 4) drop R heel as you bump hips right and step on R
5&6&7&8 5) Cross L over R, 6) step R back, &) step L to left, 7) cross R over L, 8) step L to left

A[33-40]□STEP, FLICK, BACK, FLICK, TRIPLE FWD, STEP, FLICK, BACK, FLICK, TRIPLE FWD

1&2& 1) Step R fwd, &) flick L behind R leg, 2) step L back, &) flick R in front of L leg
3&4 3) Step R fwd, &) step L beside R heel, 4) Step R fwd
5&6& 5) Step L fwd, &) flick R behind L leg, 6) step R back, &) flick L in front of R leg
7&8 7) Step L fwd, &) step R beside L heel, 8) step L fwd

A[41-48] □ROCK FWD, RECOVER, OUT, OUT, IN, IN, SIDE ROCK RECOVER &, SIDE ROCK RECOVER &

1,2 1) Rock R fwd, 2) recover to L
&3&4 &) Step R out/back to right, 3) step L out/back to left, &) step R in/back, 4) step L in/back
5,6& 5) Rock R to right, 6) recover to L, &) step R beside L
7,8& 7) Rock L to left, 8) recover to R, &) step L beside R

Section B: 64 counts

B[1-8] □□SIDE, BEHIND, AND HEEL, HOLD, (X2)

1,2&3,4 1) Step R to right, 2) step L behind R, &) step R to right, 3) touch L heel fwd, 4) hold
5,6&7,8 5) Step L to left, 6) step R behind L, &) step L to left, 7) touch R heel fwd, 8) hold

B[9-16] □¼ TURN, ¼ TURN, CROSS & CROSS, BIG STEP L W/ DIP, R SIDE, CROSS ROCK, RECOVER, SIDE, TOUCH

- 1,2,3&4 1) Turn ¼ left stepping R back, 2) turn ¼ left stepping L to left, 3) cross R over L, &) step L to left, 4) cross R over L
5,6 5) Step L to left w/ dip, 6) touch R beside L
&7&8& &) Step R to right, 7) cross rock L over R, &) recover to R, 8) step L to left, &) touch R beside L [12:00]

(on count 5, bend knees into a dip, return to standing w/ weight on L, touching R beside L on count 6)

B[17-25] □STEP, FWD ROCK, RECOVER, BACK-LOCK-BACK, ROCK BACK, RECOVER, TRIPLE FWD

- 1,2,3 1) Step R to right angling body toward [1:00], 2) rock L fwd 3) recover to R
4&5 4) Step L back, &) step R beside L toe, 5) step L back
6,7,8&1 6) Rock R back, 7) recover to L, 8) step R fwd, &) step L beside R heel, 1) step R fwd [1:00]

B[26-32] □½ TURN PIVOT, ½ TURN TRIPLE, ROCK, RECOVER, SIDE

- 2,3 2) Step L fwd, 3) pivot ½ turn right, weight to R [7:00]
4&5 4) turn ¼ right stepping L to left, &) turn 1/8 right crossing R over L, 5) turn 1/8 right stepping L back [1:00]
6,7,8 6) Rock R back, 7) recover to L, 8) turn 1/8 left stepping R to right, squaring up to [12:00]

B[33-40] □“HAPPY DANCE” TWIST HEELS, TOES, HEELS TO R; HEELS, TOES, HEELS TO L (X2)

- 1&2 1) Swivel both feet to right, heels, &) toes, 2) heels
3&4 3) Swivel both feet to left, heels, &) toes, 4) heels
5&6 5) Swivel both feet to right, heels, &) toes, 6) heels
7&8 7) Swivel both feet to left, heels, &) toes, 8) heels

B[41-48] □CHASSE R, ¼ TURN, CHASSE L, R CROSSING TRIPLE, ½ TURN, L CROSSING TRIPLE

- 1&2 1) Step R to right, &) step L beside R, 2) step R to right
3&4 3) Turn ¼ left stepping L to left [9:00], &) step R beside L, 4) step L to left
5&6 5) Cross R over L, &) step L to left, 6) cross R over L
7&8 7) Turn ½ left crossing L over R [3:00], &) step R to right, 8) cross L over R

B[49-56] □¼ TURN, KICK, STEP, ROCK, RECOVER, KICK, STEP, ROCK, RECOVER (X2)

- 1&2& 1) Make ¼ turn right kicking R fwd [6:00], &) step R in place, 2) rock L back, &) recover to R
3&4& 3) Kick L fwd, &) step L in place, 4) rock R back, &) recover to L
5&6& 5) Kick R fwd, &) step R in place, 6) rock L back, &) recover to R
7&8& 7) Kick L fwd, &) step L in place, 8) rock R back, &) recover to L

B[57-64] □CHASSE R, ¼ TURN, CHASSE L, R CROSSING TRIPLE, ½ TURN, L CROSSING TRIPLE, ¼ TURN

- 1&2 1) Step R to right, &) step L beside R, 2) step R to right
3&4 3) Turn ¼ left stepping L to left [3:00], &) step R beside L, 4) step L to left
5&6 5) Cross R over L, &) step L to left, 6) cross R over L
7&8& 7) Turn ½ left crossing L over R [9:00], &) step R to right, 8) cross L over R &) ¼ turn right on L [12:00]

Section C: 64 counts

C[1-8] STOMP R, HOLD 2 COUNTS, L SAILOR STEP, HOLD 2 COUNTS, BALL, ¼ ROCK, RECOVER

- 1,2,3,4&5 1) Stomp R to right [12:00], 2-3) hold, 4) step L behind R, &) step R to right, 5) step L to left
6,7&8& 6-7) Hold, &) step R beside L, 8) turn ¼ left rocking L fwd, &) recover to R (9:00)

C[9-16] □STEP BACK, BALL STEP BACK/BODY ROLLS BACK (X3), FWD R, L, R, L

- 1,2 1) Step L slightly back, 2) body roll back ending w/ weight on L
&3,4 &) Quick step R beside L, 3) step L slightly back, 4) body roll back ending w/ weight on L
&5,6 &) Quick step R beside L, 5) step L slightly back, 6) body roll back ending w/ weight on L
7&8& Take VERY SMALL steps fwd, 7) R, &) L, 8) R, &) L (9:00)

C[17-24] □K-STEP W/ CLAPS

- 1,2,3,4 1) Step R fwd on diagonal, 2) touch L beside R, clap, 3) step L back on diagonal, 4) touch R beside L, clap
- 5,6,7,8 5) Step R back on diagonal, 6) touch L beside R, clap, 7) step L fwd on diagonal, 8) touch R beside L, clap

C[25-32] □SIDE, CLOSE, WEAVE W/ ATTITUDE, CROSS & CROSS, ¼ TURN

- 1,2,3,4 1) Step R to right, 2) step L beside R, 3) cross R over L, 4) step L to left
- 5,6, 5) Step R behind L popping L knee fwd, 6) step L to left popping R knee fwd
- 7&8& 7) Cross R over L, &) step L to left, 8) cross R over L, &) turn ¼ left stepping L fwd

C[33-64] □Repeat counts 17-32 two more times, which will take you back to 12:00 – to start B

Ending: □Dance up to count 63 in section B (crossing triple)

- 7&8 7) Turn ½ left crossing L over R [3:00], &) turn ¼ left stepping R back, 8) step L to left [12:00]

Have fun and DANCE HAPPY!

Contact: Kerrymausdance@gmail.com □□□

Last Update - 1st August 2017
