

A Happy Day (zh)

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Yu Guo Ying (CN) - 2017年09月
音乐: Kuai Le De Yi Tian Kai Shi Le (快樂的一天開始了)



Intro: 72 counts. No tag, No restart.

快乐的一天

拍数: 32 拍面: 4 面等级: 绝对初级

编舞: 余国英2017年9月

音乐: 《快乐的一天开始了》来自少儿歌曲音乐长度: 3分07秒

前奏: 72拍无间奏无重新开始

[1-8] STEP TOUCH x4

1 2 Step R to R side, Touch L next to R
3 4 Step L to L side, Touch R next to L
5 6 Step R to R side, Touch L next to R
7 8 Step L to L side, Touch R next to L

STYLE: Put your arms up and sway to R,L,R,L

[1-8] 旁、并、旁、并、旁、并、旁、并

1 2 右脚向右一步, 左脚并点
3 4 左脚向左一步, 右脚并点
5 6 右脚向右一步, 左脚并点
7 8 左脚向左一步, 右脚并点

手臂风格: 双手上举同时摆向右、左、右、左

[9-16] WALK FORWARD x3, TOGETHER, JUNMING JACK x2

1 2 Walk forward R,L
(Both your arms straight forward and turn wrists to outwardly for 2 times)

3 4 Walk forward R, Step L together

(Put your hands on both sides of your hips)

5 6 Jump to air and land R to R side L to L side, Jump to air and land foot together

7 8 Jump to air and land R to R side L to L side, Jump to air and land foot together

[9-16] 走、走、走、走、开、并、开、并

1 2 右脚向前走一步, 左脚向前走一步(两手臂前伸, 手腕向外转动2次)
3 4 右脚向前走一步, 左脚向前走一步(双手叉腰)
5 6 双脚跳开, 双脚跳并
7 8 双脚跳开, 双脚跳并

[17-24] STEP, TOGETHER, STEP TOUCH, FULL TURN

1 2 Step R to R side, Step L next to R

3 4 Step R to R side, Touch L next to R

(STYLE [1-4]: Sway the right arm clockwise around the right side then put the right hand at the right hip at 4 count.)

5 6 7 8 Turn L around while Stepping L, R, L, R

[17-24] 旁、并、旁、点、360°全转

1 2 右脚向右一步, 左脚并右脚

3 4 右脚向右一步, 左脚并点

(1-4 拍手臂风格: 右手在右侧由前向后顺时针绕, 第四拍的时候叉腰)

5 6 7 8 左脚开始向左转一圈

[25-32] SWIVELS, HOLD, 1/4 TURN, STEP, STEP

1 2 Swivel both heels to R, Swivel both toes to R

3 4 Swivel both heels to R, Hold

5 6 Step R forward, Turn 1/4 R weight to L,

7 8 Step R in place, Step L in place

STYLE : 1-4: Swivel front arms on the sides to L, R, L.

5-8 Put your hands on both sides of your hips

[25-32] 转、转、转、停，上、转、踏、踏

1 2 两脚跟同时向右转，前脚掌向右转

3 4 两脚跟同时向右转，停

5 6 右脚向前一步，左转90°重心回到左脚

7 8 右脚原地踏一步，左脚原地踏一步

(手臂风格 : 1-4 手臂 : 在两侧转动肘关节，同时转向左，向右，向左，5-8 手臂 : 双手叉腰)

REPEAT

HAVE YOUR FUN!

重复

祝您愉快 !

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