

Happy (新年啦!) (Happy Xin Nian La)

COPPER **KNOB**
BY STEPHEN TSE

拍数: 160 墙数: 1 级数: Phrased Beginner
编舞者: Mayee Lee (MY) & Jenny Wong (MY) - December 2020
音乐: Happy (新年啦) - Nick Chung (鍾盛忠), Stella Chung (鍾曉玉), 阿源, Cherry, Benny, Findy, 阿旺, Jasmine, 小明 & Dicson



Intro: Start after 16 counts

Sequence of dance : ABC A Tag (B33-64) C AA Ending

Part A (64 counts)

Section 1 : Hold x4, Kick R, Step R, Kick L, Step L

1 - 8 Hold(x4), kick R(5), step on R(6), kick L(7), step on L(8)

(Hand movement: R cow Sign(1), L cow sign(2), shake both wrist forward x6(3-8)) (Cow sign on head)

Section 2 : Hold x2, Bounce x2, Hold x2, Bounce x2

1 - 8 Hold(1-2), bounce twice(3-4), hold(5-6), bounce twice(7-8)

(Hand movement: R hand out(1), L hand out(2), Gong xi pose(3-4), do house pose on head(5-6), Gong xi pose(7-8))

Section 3 : Marching On Spot RLRL, Jump Feet Apart, Hold, Bounce x2

1 - 8 Marching on spot RLRL(1-4), jump feet apart(5), hold(6), bounce twice(7-8)

(Hand movement : Draw circle from bottom to chest & hold thumbs up pose(5-8))

Section 4 : Step R, Hold, Step L, Hold, Hold x4

1 - 8 Step on R(1), hold(2), step on L(3), hold(4), hold(5-8)

(Hand movement: Shoot R forward(1), hold(2), shoot L forward(3), hold(4), put both hand palm beside cheeks)

Section 5 : Repeat Section 1 (Part A)

Section 6 : Repeat Section 2 (Part A)

Section 7 : Repeat Section 3 (Part A)

Section 8 : Step R, Hold, Step L, Hold, Hold x4

1 - 8 Step on R(1), hold(2), step on L(3), hold(4), hold(5-8)

(Hand movement : Put R on top(1), hold(2), put L on top(3), hold(4)(do heart shape on top), kiss both hands(5), hold(6), put hands out(7), hold(8))

Part B (64 counts)

Section 1 : R Side, Touch L, Body Roll, Rolling Vine To L & Touch R

1 - 4 Step R to R(1), touch L(2), do body roll(3-4)

5 - 8 ¼ turn L step L forward(5)(9.00), ½ turn L step R back(6)(3.00), ¼ turn L step L to L(7), touch R(8)(12.00)

(Easy option : Rolling vine step can change to normal vine step)

Section 2 : R Out, Hold, L Out, Hold, R Back, Hold, Together & Bounce Twice

1 - 8 Step R out(1), hold(2), step L out(3), hold(4), step R back(5), hold(6), step L beside R(7), hold(8)

Section 3 : R Heel Diagonal, Hold, Hock R, Kick R, R Side, Touch L, L Side, Touch R

1 - 4 Touch R heel to diagonal R(1), hold(2), hook R(3), kick R(4)

5 - 8 Step R to R(5), touch L beside R(6), step L to L(7), touch R beside L(8)

Section 4 : R Diagonal Back, Touch L, L Diagonal Back, Touch R (x2)

1 - 8 Step R diagonally back(1), touch L(2), step L back diagonally(3), touch R(4), x2(5-8)

Section 5 : R Rocking Chair (x2)

1 - 8 Rock R forward(1), recover on l(2), rock R back(3), recover on L(4), x2(5-8)

Section 6 : R Cross Shuffle, Hold, L Cross Shuffle, Hold

1 - 4 Cross R over L(1), step L to L(2), cross R over L(3), hold(4)

5 - 8 Cross L over R(5), step R to R(6), cross L over R(7), hold(8)

Section 7 : Repeat Section 3 (Part B)

Section 8 : R Diagonal Together, R Diagonal, Hoop, L Diagonal, Together, L Diagonal, Hoop

1 - 4 Step R to diagonally R(1), step L beside R(2), step R to diagonally R(3), hoop together(4)

5 - 8 Step L to diagonally L(5), step R beside L(6), step L to diagonally L(7), hoop together(8)

Part C (32 counts)

Section 1 : Walk Back RLRL, Cross R, Unwind Full Turn L

1 - 8 Walk back RLRL(1-4), cross R over L(5), unwind full turn L(6-8)(weight on L)

Section 2 : R Side, L Together, R Side, L Touch, L Side, R Together, L Side, R Touch

1 - 4 Step R to R(1), step L beside R(2), step R to R(3), touch L beside R(4)

5 - 8 Step L to L(5), step R beside L(6), step L to L(7), touch R beside L(8)

Section 3 : R Side, Kick L, L Side, Kick R (x2)

1 - 8 Step R to R(1), kick L(2), step L to L(3), kick R(4) x2(5-8)

Section 4 : Repeat Section 2 (Part C)

Tag (32 counts)

Section 1 : Walk To R, Kick L Diagonal, Walk To L, Kick R Diagonal

1 - 4 Walk To R side(RLR1-3)(3.00), kick L to diagonal L(4)(10.30)

5 - 8 Walk to L side(LRL5-7)(9.00), kick R to diagonal R(8)(1.30)

Section 2 : R Side, Touch L, L Side, Touch R, Sway RLR, Jump Feet Together

1 - 8 Step R to R(1), touch L(2), step L to L(3), touch R(4), sway RLR(5-7), jump feet together(8)

Section 3 : Walk Forward RLR, Kick L, Walk Back LRL, R Touch

1 - 8 Walk forward RLR(1-3), kick L(4), walk back LRL(5-7), touch R(8)

Section 4 : R Out, Hold, L Out, Hold, R Jazz Box & Jump

1 - 8 Step R out(1), hold(2), step L out(3), hold(4), cross R(5), step L back(6), step R to R(7), Jump feet together(8)

Ending(8 counts) : Marching RLRL(1-4), touch R heel(5), hold(6), weight transfer to R touch L heel(7), hold(8)

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