

Happy Does (Stretchy Pants)

COPPERKNOB
BY STEPHEN

拍数: 32 墙数: 4 级数: Beginner
编舞者: Hana Ries (USA) - February 2021
音乐: Happy Does - Kenny Chesney
或: Stretchy Pants - Carrie Underwood



Alt. song: Stretchy Pants by Carrie Underwood (no tag, but restart on walls 4 & 9 after first 16 counts. Both times facing 3:00)

Intro 16 counts - (counter clockwise)
(Read: R=right foot, L=left foot, fwd= forward)

DIAGONAL STEP TOUCHES FORWARD AND BACK

1-2-3-4 Step R diagonally fwd, Touch L next to R, Step L diagonally fwd, Touch R next to L

5-6-7-8 Step R diagonally back, Touch L next to R, Step L diagonally back, Touch R next to L

Option: Every time you "touch", you can also clap your hands.

On wall 7 add tag, then restart!

LINDY RIGHT, LINDY LEFT

1&2 Step R to right, Step L next to R, Step R to right

3-4 Rock L behind R, Recover to R

5&6 Step L to left, Step R next to L, Step L to left

7-8 Rock R behind L, Recover to L

WEAVE, ¼ PIVOT, WALK/STOMPS

1-2-3-4 Step R to right, Step L behind R, Step R to right, Cross L over R

5-6 Step R to right, ¼ Turn left stepping L fwd

7-8 Step R fwd, Step L fwd

Option: Counts 7-8 (walk) may be done as stomps.

ROCK/RECOVER, SHUFFLE BACK, ROCK/RECOVER, SHUFFLE FORWARD

1-2 Rock R fwd, Recover to L

3&4 Step R back, Step L next to R, Step R back

5-6 Rock L back, Recover to R

7&8 Step L fwd, Step R next to L, Step L fwd

REPEAT

Tag

On wall 7 after first 8 counts (6:00)

HIP BUMPS

1-2-3-4 Bump hips right, left, right, left

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Last Update: 4 Oct 2024