

The Happy Circle

COPPER KNOB
BY STEPHEN METZ

拍数: 32 墙数: 0 级数:
编舞者: Judy McDonald (CAN)
音乐: Are You Happy Baby - Lee Roy Parnell with Keb Mo



Position: Form two circles, preferably with the same number of people (or close to it) in each. The outside circle faces LOD, the inside circle faces RLOD. Circles should be fairly close together, but try not to be too close to the person in front of you-it could hurt!

LEFT TOE STRUT, RIGHT TOE STRUT

1-4 Step left toe forward, drop left heel, step right toe forward, drop right heel

LEFT HEEL FORWARD, HOLD, LEFT TOE BACK, HOLD

5-8 Touch left heel forward, hold, touch left toe back, hold

During the chorus, wave your hands in the air and join in on the "yeah, yeah!"

1-8 Repeat above 8 counts

LEFT VINE

1-4 Step left to side, step right behind left, step left to side, touch right beside left

Do this while passing between the two people beside you in the other circle. In doing this, you will vine on a slight diagonal, which will make the circle move forward

RIGHT VINE

5-8 Step right to side, step left behind right, step right to side, touch left beside right

Do this while passing between the two people beside you in the other circle. In doing this, you will vine on a slight diagonal, which will make the circle move forward

1-8 Repeat above 8 counts

REPEAT

When you do the four vines, you are weaving in and out of the other circle. You will end up in your original spot (if you were the outside circle, you will always start the dance in the outside circle). Be careful and have fun!