

Happy Trails

COPPER KNOB
BY STEPHEN

拍数: 32 墙数: 1 级数: Intermediate
编舞者: Meeco (JP)
音乐: Happy Trails - Teruaki Fukuhara



SKATE, SKATE, FORWARD, ROCK BACK, BACKWARD COASTER

1-2 Slide right foot forward at a slight angle to right for two counts (as if ice skating)

Option: push right arm up & forward a little lower as if "come back to me"

3-4 Slide left foot forward at a slight angle to left for two counts (as if ice skating)

Option: push up your left arm forward, same as 1-2

5-6 Step right foot forward, rock back onto left foot

7&8 Step right foot backward, step left foot next to right foot, step right foot forward

Option: 5-8 push right arm up & forward on shoulder level, as if "I will miss you"

FORWARD, BACK BACKWARD COASTER, FORWARD, ROCK BACK ½ TURN RIGHT, ½ TURNING SHUFFLE

1-2 Step left foot forward, rock back onto right foot

3&4 Step left foot backward, step right foot next to left foot, step left foot forward

Option: push your left arm up & forward on shoulder level, as if "I will miss you"

5-6 Step right foot forward, rock back onto left foot turning ½ to right

7&8 Step right foot forward, close left foot next to right foot make a ½ turn right to right, step right foot forward (facing front)

SAMBA TWICE, FORWARD, REPLACE, BACK, LOCK, BACK

1&2 Cross step left foot over right foot, step right foot to right side, recover weight on to left foot

3&4 Cross step right foot over left foot, step left foot to left side, recover weight on to right foot

5-6 Step left foot forward, rock back onto right foot

7&8 Step left foot backward, step right foot back across left foot (lock step feet together), step left foot backward

SAILOR X 4

1&2 Step right foot across behind left foot, step on ball of left to the side replace weight stepping slightly forward on to right foot

3&4 Step left foot across behind right foot, step on ball of right foot to the side, replace weight stepping slightly forward on to left foot

5&6 Repeat 1&2

7&8 Repeat 3&4

REPEAT

ENDING

When the singer starts singing slower

WALK BACKWARD & HOLD, WALK BACK & TOUCH

1-4 Step right foot backward, hold, step left foot backward, hold

5-8 Step right foot backward, hold, touch left foot toe beside instep right foot

WALK FORWARD & HOLD, WALK FORWARD & TOUCH

1-4 Step left foot forward, hold, step right foot forward, hold

5-8 Step left foot forward, hold, touch right foot toe beside instep left foot

SKATE, SKATE, FORWARD, ROCK BACK, BACKWARD COASTER

1-2 Slide right foot forward at a slight angle to right for two counts (as if ice skating)

3-4 Slide left foot forward at a slight angle to left for two counts (as if ice skating)

- 5-6 Step right foot forward, rock back on left foot
7&8 Step right foot backward, step left foot beside right foot, step right foot forward

FORWARD, ¼ PIVOT

- 1-2 Step left foot forward, make ¼ pivot turn right taking weight on to right foot
3-4 (Repeat 1-2)
5-6 Step left foot forward, make ½ pivot turn right taking weight on to right foot
7-8 Step left foot beside right foot, hold (facing front)

BACKWARD CIRCLE SWEEP TWICE, LOCK

- 1-2 Circle sweep step right foot backward
3-4 Circle sweep step left foot backward
5-6 Step right foot back across left foot (lock step feet together) until music stops
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