

Be Happy

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Justine Shuttleworth (AUS)
音乐: Don't Worry Baby - The Beach Boys & Lorrie Morgan



- 1 Step a big step to the right
2 Drag left toe towards the right foot
& Step left foot next to the right
3&4 Turn ¼ turn right and step forward right, step left next to right, step forward right
& Turn ½ turn right on ball of right foot
5 Step back on left foot
6 Rock back on right foot
7 Step forward on left foot
& Turn ½ turn left
8 Step back on right foot
- 1 Step back on left on a diagonal left (45 degrees)
2 Cross-step right over left foot
& Step back left on a diagonal left (45 degrees)
3 Step back on right on a diagonal right
4 Cross-step left over right foot
& Step back on a diagonal right
5 Step left foot to left side
6& Roll hips to the left (start from back left corner)
7 Roll should finish making ¼ turn left (weight on left)
&8 Step right foot beside left, step forward on left
- 1&2 Step forward at 45 degrees right bumping hips forward, bump back, bump forward
3&4 Step forward at 45 degrees left bumping hips forward, bump back, bump forward
5&6 Step forward at 45 degrees right bumping hips forward, bump back, bump forward
7 Cross-rock left behind
8& Turning body to the left diagonal step forward right, step left beside right
- 1-5 Step forward on right foot (on diagonal), twist on balls of both feet ½ turn left to face opposite diagonal, twist back ½ turn right to original position, twist ½ turn left, step forward right on the diagonal and turn a further 45 degrees left
& Spin on ball of right foot ½ turn left
6 Step back on left foot
& Spin a further ½ turn left on ball of left foot
7-8 Rock right foot to right swinging hips right, rock left to left
& Pivot on ball of left foot ½ turn left and scoot on left hitching right knee

REPEAT