

Happiness

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Yvonne van Baalen (NL) - April 2011
音乐: Happiness (Radio Edit) - Alexis Jordan : (4:00)



Sequence: A-B-B-A-A-A-(A-24) B-B-A-A-A-A-A-A
32 Count intro.

PART (A) 32 counts

[1 - 8] R. ROCKSTEP, COASTER STEP, L. ROCK STEP, COASTER STEP

- 1 Rock R. forward
- 2 Recover on left
- 3 Step R. back
- & Step L. beside right
- 4 Step forward on R.
- 5 Rock L. forward
- 6 Recover on R.
- 7 Step back on L.
- & Step right beside L.
- 8 Step forward on L.

[9 - 16] R. ROCK STEP, ¼ R. CHASSE, TOE TOUCH FORWARD-SIDE, SAILOR CROSS ½ TURN LEFT

- 1 Rock R. forward
- 2 Recover on left
- 3 Turn ¼ right step R. to right side
- & Step L. together
- 4 Step R. to right side
- 5 Touch L. toe forward
- 6 Touch L. toe to left side (3.00)
- 7 Turn ½ left cross L. behind right (9.00)
- & Step R. to right side
- 8 Cross L. over right

[17 - 24] R. SIDE ROCK STEP, R. CROSS SHUFFLE, 2X ¼ TURN R., L. SHUFFLE FWD.

- 1 Rock R. to right side
- 2 Recover on left
- 3 Cross R. over L
- & Step L. to left side
- 4 Cross R. over left
- 5 Turn ¼ rechtsom step, L. back
- 6 Turn ¼ rechtsom step, R. side
- 7 Step L. forward
- & Step R. beside left
- 8 Step L. forward (3.00)

[25 - 32] R. ROCK STEP, SHUFFLE ½ TURN RIGHT x2, L. BACK ROCK STEP

- 1 Rock R. forward
- 2 Recover on left
- 3 Turn ½ right, step R. forward
- & Step L. beside R.
- 4 Step R. forward
- 5 Turn ½ right, Step L. back

- & Step R. beside L.
- 6 Step L. back
- 7 Rock back on R.
- 8 Recover on left (3.00)

Option for the shuffles: ½ turns 2x shuffles back.

PART (B) 32counts

[1 - 8] R.POINT, STEP FWD, L. POINT, STEP FWD, STEP ½ TURN, SHUFFLE FWD. REPEAT WITH LEFT

- 1 Point R.toe to right side
- 2 Step R. forward
- 3 Point L. to left side
- 4 Step L. forward
- 5 Step R. forward
- 6 Turn ½ left
- 7 Step R. forward
- & Step L. beside R.
- 8 Step R. forward (9.00)

[9 - 16]

- 1 Point L. toe to left side
- 2 Step L. forward
- 3 Point R. toe to right side
- 4 Step R. forward
- 5 Step L. forward
- 6 Turn ½ right (3.00)
- 7 Step L. forward
- & Step R. beside L.
- 8 Step L. forward

[17 - 24] R. KICK-BALL-CHANGE, ROCK STEP, COASTER STEP, 2 WALKS. REPEAT WITH LEFT

- 1 Kick R. forward
- & R. ball step
- 2 Step L. beside R.
- 3 Rock R. forward
- 4 Recover on left
- 5 Step R. back
- & Step L. beside R.
- 6 Step R. forward
- 7 Walk L. forward

Option: ½ turn R.

- 8 Walk R. forward

Option: ½ turn R.

[25 - 32]

- 1 Kick L. forward
- & L.ball step
- 2 Step R. beside L.
- 3 Rock L. forward
- 4 Recover on right
- 5 Step L. back
- & Step R. beside L.
- 6 Step L. forward
- 7 Step R. forward

Option: ½ turn L.

8 Step L. forward

Option: ½ turn L.

Dance after the 2nd B part, 6x the A part, end the dance with:

ROCK STEP, ¼ TURN RIGHT, LEFT TOGETHER

1 Rock R. forward

2 Recover on L.

3 Step on R. ¼ right side

4 Step L. beside R.

Ending facing on (12.00)

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