

Happy

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Happy - Pharrell Williams



CROSS STEPS / CLAPS

- 1-2& Cross step left foot in front of right foot (1), Clap hands (2), Clap hands (&)
- 3-4 Step right foot to right side (3), Clap hands (4)
- 5-6& Cross step left foot in front of right foot (5), Clap hands (6), Clap hands (&)
- 7-8 Step right foot to right side (7), Clap hands (8)

ROCK RECOVER, SUGAR FOOT X 2

- 1-2 Rock left foot back (1), Recover weight to right foot (2)
- 3-4-5 Turn left knee in while touching left toe night to right foot (3), turn left toe out while touching left heel next to right foot (4), cross step left foot over right foot (5)
- 6-7-8 Turn right knee in while touching right toe next to left foot (6), turn right toe out while touching right heel next to left foot (7), cross step right foot over left foot (8)

STEP LEFT CLAP, STEP TURN 1/4 CLAP X2, GALLOP FORWARD / BACK

- 1-2 Step left foot to left side (1), Touch right toe next to left foot while clapping hands (2)
- 3-4 Step back on right foot while turning 1/4 right (3:00) (3), Touch left foot next to right foot while clapping hands (4)
- 5-6 Step left foot forward while turning 1/4 right (6:00) (5), Touch right foot next to left foot while clapping hands (6)
- &7&8 Step right foot forward (&), Step left foot forward (7), Step right foot back (&), Step left foot back (8)

DWIGHT YOAKAM STEPS, SWING KICK TURN RIGHT, ROCK RECOVER

- 1-2 Touch right heel to right side while turning left toe to right side (1), Touch right toe next to left foot turning knee in while turning left toe back to center (2)
- 3-4 Touch right heel to right side while turning left toe to right side (3), Touch right toe next to left foot turning knee in while turning left toe back to center (4)

****Note: The above steps, counts 1-4 are commonly referred to as Dwight Yoakam steps, and imply that you travel laterally to the right as you do the heel and toe touches.**

You can optionally stay in-place by removing the toe turns from the left foot and keeping weight on left foot for all four counts

- 5-6 Kick right foot forward while turning 1/4 right (9:00) (5), Continue the natural swinging motion of the kick that is created from the 1/4 turn, ending the beat with your right foot at shin level and pointed to the right side (6)

****Note: You can optionally remove the swinging motion of the kick by kicking forward while turning 1/4 right and holding the kick in-place for count (6)**

- 7-8 Rock right foot back (7), Recover weight to left foot (8)

****NOTE: Restart dance here on 8th rotation.**

You've ended up with weight on your left foot, but count 1 has you crossing your left foot over your right foot. In order to do this, you must insert a quick "&" count here, stepping down quickly onto your right foot and taking the weight on right.

TOE HEEL STRUTS X2, SYNCOPATED RIGHT JAZZ SQUARE, KICK TURN

- 1-2 Touch right toe forward (1), drop right heel (2)
- 3-4 Touch left toe forward (3), drop left heel (4)
- 5-6 Cross right foot in front of left foot (5), step left foot back (6)
- &7 Step right foot to right side (&), Cross left foot in front of right foot (7)
- 8 Kick right foot forward while turning 1/4 right (12:00) (8)

TURNING POINT RIGHT, POINT LEFT, LEFT HEEL-TOE WALKS IN

- 1-2 Turn 1/4 right (3:00) while pointing right toe to right side (1), HOLD (2)
- &3-4 Quickly step right foot next to left foot (&), point left toe to left side (3), HOLD (4)
- 5-6 Turn left heel in (5), turn left toe in (6)
- 7-8 Turn left heel in (7), turn left toe in (8)

LOCK STEP LEFT, SCUFF, ROCK RIGHT RECOVER, PIVOT TURN 1/2 RIGHT

- 1-2 Step left foot forward (1), Lock step right foot behind left (2)
- 3-4 Step left foot forward (3), Scuff right foot forward (4)
- 5-6 Rock right foot forward (5), Recover weight back to left foot (6)
- 7-8 Step right foot back turning 1/2 over right shoulder (9:00) (7), HOLD (8)

FULL RIGHT TURN, CROSS FULL UNWIND, STEP RIGHT TO SIDE

- 1-2 Step left foot forward turning 1/2 over right shoulder (3:00) (1), Step right foot back turning 1/2 over right shoulder (9:00) (2)
- 3-4 Step left foot forward (3), HOLD (4)
- 5 Cross right foot over left foot (5)
- 6-7 Unwind turning 1/2 over left shoulder (3:00) (6), Continue unwinding 1/2 over left shoulder (9:00) (7)

****Note: Counts 6-7 are a full unwind over two counts. You should end up facing 9:00 with your left foot crossed over your right foot while gradually taking the weight onto your left foot**

- 8 Step right foot to right side (8)

REPEAT

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