

Be Happy

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Improver
編舞者: Mary Frances Chua (MY) - February 2017
音樂: 'Fang Kai Yidian Dian' by Timi Zhuo



Sequence of Dance: □ABAC / ABAC / BA / Ending C-
INTRO: Count 16

Part A: □Count 32

A1: □RIGHT & LEFT SIDE SHUFFLE, BACK ROCK RECOVER

1&2 3 4 Shuffle to right on RLR, Step back on L, Recover on R (stretch & raise hands)
5&6 7 8 Shuffle to left on LRL, Step back on R, Recover on L (stretch & raise hands)

A2: □(FORWARD STEP HITCH, FORWARD SHUFFLE) 2X

1 2 3&4 Step R fwd, L hitch, fwd shuffle on LRL
5 6 7&8 Step R fwd, L hitch, fwd shuffle on LRL

A3: □RIGHT ROCK RECOVER, BACK SHUFFLE, LEFT ROCK RECOVER, FORWARD SHUFFLE

1 2 3&4 Rock R fwd, Recover on L, Back shuffle on RLR
5 6 7&8 Rock L back, Recover on R, Fwd shuffle on LRL

A4: □SIDE ROCK CROSS SHUFFLE, HALF TURN LEFT CROSS SHUFFLE

1 2 3&4 Step R to side, Recover on L, Cross shuffle on RLR
5 6 7&8 Left turn ½ stepping on L – R [6:00], Cross shuffle on LRL

Part B: □Count 32

B1: □RIGHT WEAWE, SIDE SHUFFLE, BACK ROCK RECOVER

1 2 3 4 Step R to right side. L back, R to right side, L fwd
5&6 7 8 Shuffle to right on RLR, Step back on L, Recover on R

B2: □LEFT WAEVE, SIDE SHUFFLE, BACK ROCK RECOVER

1 2 3 4 Step L to left side, R back, L to left side, R fwd
5&6 7 8 Shuffle to left on LRL, Step back on R, Recover on L

B3: □RIGHT HIP BUMP, QUARTER TURN LEFT HIP BUMP, JAZZ BOX

12 34 Twice R hip bump, ¼ left turn twice L hip bump [3:00] (hands on hips)
5 6 7 8 Fwd cross R over L, L back, Step R to right side, L fwd

B4: □RIGHT HIP BUMP, QUARTER TURN LEFT HIP BUMP, JAZZ BOX

12 34 Twice R hip bump, ¼ left turn twice L hip bump [12:00] (hands on hips)
5 6 7 8 Fwd cross R over L, L back, Step R to right side, L fwd

Part C : □Count 32

C1: □RIGHT & LEFT SIDE STEP TOGETHER STEP TOUCH

1 2 3 4 Step R to right side, L together. step R to side, L touch beside R
5 6 7 8 Step L to left side, R together, step L to side, R touch beside L

C2: □RIGHT & LEFT SMALL SWAY-WALK FORWARD TOUCH

1 2 3 4 Small step-sway fwd on RLR, touch L beside R
5 6 7 8 Small step-sway fwd on LRL, touch R beside L

**** End dance with a pose ****

C3: □RIGHT & LEFT SIDE STEP TOGETHER STEP TOUCH

1 2 3 4 Step R to right side, L together. step R to side, L touch beside R

5 6 7 8 Step L to left side, R together, step L to side, R touch beside L

C4: □RIGHT & LEFT SMALL SWAY-WALK BACK TOUCH

1 2 3 4 Small step-sway backward on RLR, touch L beside R

5 6 7 8 Small step-sway backward on LRL, touch R beside L

Dance with joy & BE HAPPY

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