

Happy Frog

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Beginner
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音樂: Xiao Tiao Wa (小跳蛙) - Qing Wa Yue Dui (青蛙樂隊)



Intro: 16 counts

S1 : WALK FORWARD, TOGETHER, SQUAT x 2

1234 Walk forward R, L, R, Step L next to R

(arms: Straighten your arms, cross then in front of you and open them to your sides)

5678 Two knees together and squat half down, stand up, Two knees together and squat half down, stand up,

S2: STEP TOUCH, STEP TOUCH, 1/4 TURN HOP, HITCH, HOP, HITCH, HOP, HITCH, 1/4 TURN HOP, HITCH TOGETHER,

1234 Step R to R side, Touch L next R, Step L to L side, Touch R next L

(arms: Put your arms up, Put your arms down , Pinch the fist and turn the wrist)

5678 Turn 1/4 R hop L forward and hitch R then step R forward, Hop R forward and hitch L then step L forward, hop L forward and hitch R then step R forward, Turn 1/4 L hop L and hitch L then together

(arms: put right arm in your waist, around left arm from front to back)

S3: JUMP HEEL, JUMP, JUMP HEEL, JUMP, 1/2 TURN, POP x2

1234 Jump R to R side and touch L heel to L, Jump together, Jump L to L side and touch R heel to R side

(arms: put both your hands over your chest, put down your arms, put both your hands over your chest, put down your arms)

5 6 Step R forward, Turn 1/2 L weight to L

7 8 Step R forward and raise left knee forward, Step L forward and raise right knee forward

(arms: put both your hands on your side waist)

Restart: After Count 24 on wall 3 (12:00)

S4: HALF SQUAT, HOLD, TOGETHER, HOLD, HALF SQUAT, HOLD, TOGETHER, HOLD,

1 2 Step R to R side and squat half down, Hold

3 4 Step R together, Hold

(arms: Clap 2 times on your right shoulder)

5678 Step L to L side and squat half down, Hold

(arms: Clap 2 times on your left shoulder)

Have your fun!

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