

拍數: 32 編數: Intermediate

編舞者: Mark Paulino (USA) - February 2021 音樂: More Happy - The Hollister Jean Lab



INTRO: 9 seconds

SIDE HOP, SIDE HOP TO A SIDE KICK, SHIMMY SWOOP WITH SIDE KICK, R SAILOR STEP (PREP), 1/2 TURN SWAY SWAY

&1&2 R side hop starting with R(&) followed by the L besides R(1), R side hop with the R foot(&), L

foot kick to the left side(2)

3&4 L neutral step, shimmying your shoulders from R to L while bending your knees(3&), ending

in an upright position weight shifting onto the L while R kicks to the R side(4)

5&6 R crosses behind L. L steps to L side. R step to place with a 1/4 turn counter clockwise for

prep.

7,8 1/2 turn counter clockwise side stepping with the L and hips swaying to the L(7), hips sways

to the R(8)

DOROTHY STEP, 1/4 TURN DOROTHY STEP, SCISSOR STEP, SIDE STEP HIP ROLL

1,2& Step L foot forward to the diagonal(1), lock R foot behind L(2), step L forward to the

diagonal(&)

3,4& 1/4 turn clockwise stepping R forward to the diagonal(3), lock L behind R(4), step R forward

to the diagonal(&)

5&6 L steps L side, R steps besides L, L crossing over R

7,8 R steps to the R side with a hip roll starting from R, to backside, to L, to front

COLLECTING SIDE HOP, SPREADING SIDE HOP, BODY SHAKE, STEP BACK, COASTER STEP, KNEE POP X2

&1 Ending with the hip roll momentum returning back to the R, R side hop with feet stepping

together(&), R side hop with feet stepping out(1)

2,3,4 Freestyle hip and shoulder shake ending the weightshift in neutral 5,6&7 R step back(5), L step back(6), R step besides L(&), L steps forward(7)

&8 R knee pop keeping weight shift on L, L knee pop weight shifting back onto the R

HOLD, KNEE POP X2, BALL STEP, STEP, ROCK RECOVER 1/2 TURN, SIDE ROCK RECOVER CROSS

1&2 Hold(1), R knee pop weight shifting onto the L(&), L knee pop weight shifting back onto the

R(2)

L ball touch besides R(&), R steps forward(3), L steps forward(4)

5&6 R rocks forward, L recovers back with a 1/4 turn clockwise (prep), 1/2 turn clockwise with R

stepping forward

7&8 L side rock, recover back on R, L crosses over R

Remember that your transition back to the beginning makes the end and the beginning of the dance syncopated with 7&8&1&2

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