# Happy Skinnyfabs



拍數: 32 編數: 2 級數: High Beginner

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音樂: Happy - Skinnyfabs



## Intro: 16 - 1 Tag (4 counts after wall 5)

# SESSION 1 - WALK (R, L, R)-SWIVEL BOTH HEELS TO RIGHT & BACK TO CENTER, STEP BACK (R, L, R)-SWIVEL BOTH HEELS TO LEFT & BACK TO CENTER

1-2 Walk R L

3&4 Walk R, Swivel both heels to right, Swivel back to center

5-6 Step backwards on R L

7&8 Step R backwards, Swivel both heels to left, Swivel back to center

### SESSION 2 - BOTAFOGO (LR), JAZZ BOX WITH 1/4 TURN

1&2 Cross R over L (body alignment to 10.30), Step L to side, Recover on R (body alignment to

1.30)

3&4 Cross L over R, Step R to side, Recover on L (body alignment to 10.30)

5-8 Cross R over L, 1/4 turn right & step L to back (3.00), Step R to side, Step L forward

## SESSION 3 - SKATE (R, L, R WITH SHUFFLE), SKATE (L, R, L WITH SHUFFLE)

1-2 Step R diagonally to right while dragging L inward, Step L diagonally to left while dragging R

inward

3&4 Step R diagonally to right, Step L next to R, Step R diagonally to right

5-6 Step L diagonally to left while dragging R inward, Step R diagonally to right while dragging L

inward

7&8 Step L diagonally to left, Step R next to L, Step L diagonally to left

## SESSION 4 - 3/4 CIRCLE TO LEFT, CROSS-TOUCH, BEHIND CROSS-TOUCH

1-4 3/4 turn left & walk on R, L, R, L make a circle (facing 6.00)

5-6 Cross R over L, Touch L to side7-8 Close L behind R, Touch R to side

### TAG (4 counts after wall 5)

## HALF CIRCLE TO LEFT (facing 12.00)

1-4 1/2 turn left & walk on R L R L

### Happy dancing - Dancing from the heart

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