

No Worries

拍數: 32 牆數: 1 級數: Beginner
編舞者: William Sevone (UK)
音樂: Don't Worry, Be Happy - Bobby McFerrin



2X LEFT HIP BUMS, 3X RIGHT HIP BUMPS, ¼ LEFT SIDE ROCK, ROCK, ¼ LEFT ROCKING CHA-CHA (6:00)

- 1-2 (Leaning left) step left foot slightly to left - bumping hips to left, bump hips to left
- 3&4 (Leaning right) bump hips to right three times
- 5-6 Turn ¼ left and rock left foot to left, rock onto right foot (9:00)
- 7&8 Rock onto left foot, rock onto right foot, rock onto left foot - while turning ¼ left (6:00)

¼ LEFT SIDE ROCK, ROCK, ¼ LEFT ROCKING CHA-CHA, CROSS STEP BACKWARD STEP, CHASSE (12:00)

- 9-10 Turn ¼ left and rock right foot to right, rock onto left foot (3:00)
- 11&12 Rock onto right foot, rock onto left foot, rock onto right foot - while turning ¼ left (12:00)
- 13-14 Cross step left foot over right, step backward onto right foot
- 15&16 Step left foot to left side, step right foot next to left, step left foot to left side

CROSS STEP BACKWARD STEP, CHASSE, 2X CROSS STEP-½ RIGHT (12:00)

- 17-18 Cross step right foot over left, step backward onto left foot
- 19&20 Step right foot to right side, step left foot next to right, step right foot to right side
- 21 (Bending knees slightly) cross step left foot over right
- 22 (Straightening knees) unwind ½ right (weight on right foot)
- 23 (Bending knees slightly) cross step left foot over right
- 24 (Straightening knees) unwind ½ right (weight on right foot)

4X DIPPING HIP BUMPS, 4X DIAGONAL FORWARD 'SWAGGER' STEP (12:00)

- 25-26 (Leaning left and dipping left shoulder) bump hips left twice
- 27-28 (Leaning right and dipping right shoulder) bump hips left twice
- 29-30 Step left foot diagonally forward left, step right foot diagonally forward right
- 31-32 Step left foot diagonally forward left, step right foot diagonally forward right

Counts 29-32 are short stepped and performed with a slight swagger or rocking motion

REPEAT
