

Happy Feet

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Sandy Kerrigan (AUS)
音樂: Hit Me Up - Gia Farrell



RIGHT CROSS SHUFFLE, TOGETHER, HEEL, TOGETHER, LEFT CROSS SHUFFLE, TOGETHER HEEL, HEEL, ¼ FLICK

1&2&3& Right cross shuffle (travel to left side) step left together, right 45 degrees heel, step right together
4&5 Running left cross shuffle (this travels a long distance to the right side)
&6&7& Step right together, left heel forward, step left together, right heel forward, step right together
8 Turning ¼ left flick left back 9:00

LEFT DIAGONAL LOCK, RIGHT DIAGONAL LOCK, LEFT FORWARD MAMBO, RIGHT BACK MAMBO

1&2-3& Step left forward to left 45 degrees, lock right behind left, step forward left, step right forward to right 45 degrees, lock left behind right
4 Step forward right
5&6-7& Rock forward left, replace back right, step back left, rock back right, replace forward left
8 Step forward right 9:00

½ PIVOT TURN RIGHT, FORWARD, FORWARD WALK WITH SHIMMIES, RIGHT SHUFFLE FORWARD, ¼ LEFT MAMBO

1&2-3& Step forward left, ½ pivot turn right, step forward left, walk forward right with shoulder shimmies
4&5&6 Walk forward left with shoulder shimmies, shuffle forward right 3:00
7&8 Rock forward left, replace back right, turning ¼ left step left to side
3&4& is left open to expression, you can use your hips or body ripple

CROSS, SIDE, POINT, BALL, CROSS, STEP, POINT, ¼ LEFT SAILOR TURN, FORWARD, ½ RIGHT, BACK

1&2&3 Cross right over left, step left to left, point right to right side, step back right, cross left over right 12:00
&4-5&6 Step right to right, point left to left side, cross left behind right (turning ¼ left) step right to right, replace weight to left side 9:00
7&8 Step forward right, turning ½ right step back left, step back right 3:00

LEFT BACK MAMBO, HIPS FORWARD, BACK, FORWARD, ROCK FORWARD, BACK, STEP BACK DRAG RIGHT STEP BACK, ½ LEFT STEP FORWARD, STEP FORWARD RIGHT

1&2-3&4 Rock back left, replace forward right, step forward left, step forward right with hip push hip back left, hip push forward right 3:00
5&6 Rock forward left, replace back right, long step back left dragging right back
7&8 Step back right, turning ½ left step forward left, step forward right 9:00

TURNING BOX STEP ¼ LEFT, SYNCOPATED CROSS MAMBO STEPS, CROSS OVER FULL LEFT, STEP TOGETHER

1&2-3 Cross left over right, step back right, turning ¼ left step left to side, cross rock right over left
&4-5&6 Replace back left, step right to right, cross rock left over right, replace back right, step left to left
7-8 Turning full turn left cross right over left, step left together and slightly back (6:00)

REPEAT