Get Happy



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Carolyn Richards (UK) 音樂: Get Happy - Zoe Birkett



20 count intro, then commence dance just as she is about to sing

KICK CROSS, KICK CROSS, BEHIND, SIDE, FRONT, HOLD

1&	Kick right foot out to right diagonal, step right foot in front of left foot
2&	Kick left foot out to left diagonal, step left foot in front of right foot
3&	Step right foot back behind left foot, step left foot to left side

4& Step right foot in front of left foot, hold

KICK CROSS, KICK CROSS, BEHIND, SIDE, FRONT, HOLD

Kick left foot out to left diagonal, step left foot in front of right foot
 Kick right foot out to right diagonal, step right foot in front of left foot
 Step left foot back behind right foot, step right foot to right side

8& Step left foot in front of right foot, hold

STEP, SLIDE, BACK ROCK, STEP, HOLD, CROSS &

9& Long step with the right foot to the right side, dragging left foot to meet right foot, weight

remaining on the right foot

10& Rock back on the left foot, recover weight onto the right foot

11& Step left foot to left side, hold

12& Step right foot in front of left foot, step back on left foot

CROSS, WEAVE, SWEEP, BACK ROCK

13& Step right foot in front of left foot, bring left foot round in front of right foot

14& Step onto left foot, step right foot to right side

15& Step left foot behind right foot, sweep right toe out and round from front to back finishing

behind left foot, being careful not to step back on the right foot as the weight must remain on

the left foot

16& Rock back on the right foot, recover weight onto the left foot

JAZZ BOX 1/4 TURN, JAZZ BOX 1/4 TURN

17& Making a ¼ turn to the right, cross right foot in front of left foot, step back on left foot

18& Step right foot to right side, step left foot beside right foot

19& Making a ¼ turn to the right, cross right foot in front of left foot, step back on left foot

20& Step right foot to right side, step left foot beside right foot

POINT CROSS, POINT CROSS, FORWARD ROCK, 1/4 TURN, STEP, SLIDE

21&	Point right toe to right side, step right foot in front of left foot
22&	Point left toe to left side, step left foot in front of right foot
23&	Rock forward on the right foot, recover weight onto the left foot

Making a quarter turn to the right, long step with the right foot to the right side, dragging left

foot to meet right foot, weight remaining on the right foot

BACK ROCK, STEP, HOLD, HEEL STRUT, HEEL STRUT

25&	Rock back on the left foot	recover weight onto the right foot
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26& Step left foot to left side, hold

Step forward on the right heel, drop right toe down taking the weight
Step forward on the left heel, drop left toe down taking the weight

FORWARD ROCK, BACK ROCK, HEEL STRUT, HEEL STRUT

29&	Rock forward on the right foot, recover weight onto the left foot
30&	Rock back on the right foot, recover weight onto the left foot
31&	Step forward on the right heel, drop right toe down taking the weight
32&	Step forward on the left heel, drop left toe down taking the weight

REPEAT

On the seventh repetition, to end the dance, dance up to the end of the weave (up to count 15). Sweep as you do in the dance but making a half a turn by the right so that you end up facing the front, and instead of a back rock, step onto the right foot and then stamp forward on the left foot

Optional: finger clicks are recommended when you are doing the point crosses and the heel struts