

Be Happy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數:
編舞者: Fran Thomas (USA)
音樂: I Just Wanna Be Happy - Gloria Estefan



WALK FORWARD; SHUFFLE FORWARD; ROCK - RECOVER; ½ TURN LEFT SHUFFLE

1-2 Walk forward right ..left
3&4 Shuffle forward right-left-right
5-6 Rock forward on left, recover on right
7-8 Turn ½ left while shuffling left-right-left

REPEAT STEPS 1 THRU 8

1-8 Repeat 1-8

LINDY RIGHT; LINDY LEFT

1&2 Shuffle to the right, right-left-right
3-4 Rock back on left, recover on right
5&6 Shuffle to the left, left-right-left
7-8 Rock back on right, recover on left

CROSS ROCK - RECOVER; SHUFFLE TURNING ½ RIGHT; HIP BUMPS

1-2 Cross rock right over left, recover on left
3&4 Shuffle right-left-right while turning ½ to the right
5-6 Step onto left with a hip bump, and hip bump to right
7&8 Hip bumps left-right-left

REPEAT
