

Be Happy (P)

拍數: 64 牆數: 0 級數: Partner
編舞者: Jan Smith (UK) & Malcolm Owen (UK)
音樂: Fallin' Apart - The Tractors



Position: Right Side By Side (Sweetheart) Position

STEP SCUFF, STEP SCUFF, RIGHT SHUFFLE, LEFT SHUFFLE

1-2 Step right forward, scuff left forward
3-4 Step left forward, scuff right forward
5&6 Right shuffle forward
7&8 Left shuffle forward
9-16 Repeat 1-8

¼ RIGHT EXTENDED GRAPEVINE ¼ LEFT, LADY ¾ TURN RIGHT

17-18 Step right ¼ right (to the right), step left to left (traveling LOD)
19-20 Cross right behind left, step left to left
21-22 Cross right in front of left, step left to left
23-24 **MAN:** Cross right behind left, step left turning ¼ to left, into LOD
 LADY: Turn ¾ right stepping, right, left, (raising left hands)

Hands are now in VW position

RIGHT & GRAPEVINE, TAP, LEFT GRAPEVINE TAP

25-27 Vine to the right
28 Tap left heel diagonally forward
29-31 Vine to the left
32 Tap right heel diagonally forward

STEP KICK, STEP TOUCH, PIVOT TURN, PIVOT TURN

33-34 Step back right, kick left forward
35-36 Step back left, touch right beside left
37-38 Step forward right, pivot turn left, (raise left hands drop right,)
39-40 Step forward right pivot turn left

ROCK FORWARD, ROCK BACK, SHUFFLE, PIVOT TURN

41-42 Rock forward onto right, rock back onto left, (rejoin hands in side by side)
43-44 Rock back onto right, rock forward on left
45&46 Right shuffle forward
47-48 Step forward left, pivot ½ turn right

ROCK FORWARD, ROCK BACK, SHUFFLE, PIVOT TURN

49-50 Rock forward onto left, rock back onto right
51-52 Rock back onto left, rock forward onto right
53&54 Left shuffle forward
55-56 Step forward right, pivot ½ turn left

GRAPEVINE RIGHT, TAP, GRAPEVINE LEFT, TAP

57-59 Vine to the right
60 Tap left heel diagonally forward
61-63 Vine to the left
64 Tap right heel diagonally forward

REPEAT
