

HANA HOU (Do It Again)

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Bill Ray (USA) - April 2008
音樂: Do It Again - The Beach Boys : (Happy Feet Soundtrack)



Or Music:

Do It Again by Brian Wilson [CD: I Just Wasn't Made For These Times]

"Hana Hou" is pronounced "Ha-Na Ho" and means "do it again" in Hawaiian

ROCK FORWARD, RECOVER, TRIPLE STEP BACK, ROCK BACK, RECOVER, RIGHT CHASSÉ

1-2 Rock left forward, recover on right
3&4 Step left back, step right beside left, step left back
5-6 Rock right back, recover on left
7&8 Step right on right, step left beside right, step right on right

ROCK FORWARD, RECOVER, LEFT CHASSÉ, ROCK BACK, RECOVER, TRIPLE STEP FORWARD

1-2 Rock left forward, recover on right
3&4 Step left on left, step right beside left, step left on left
5-6 Rock right back, recover on left
7&8 Step right forward, step left beside right, step right forward

PADDLE 1/8 TURNS RIGHT (2X), CHARLESTON KICK FORWARD

1-4 Step left forward, pivot 1/8 turn right, step left forward, pivot 1/8 turn right
5-6 Step left forward, kick right foot forward
7-8 Step right back, touch left toe back

ROCK FORWARD, RECOVER, TOE TOUCH, STEP BACK, TOE TOUCH, STEP BACK, ROCK BACK, RECOVER

1-2 Rock left forward, recover on right
3-4 Touch left toe behind right, step left back
5-6 Touch right toe behind left, step right back
7-8 Rock left back, recover on right

REPEAT

RESTART: There is a restart on the 5th repetition of the dance. Dance through the 20th count (the two paddle turns), then restart the dance with count #1 (facing 3:00)