

No worries

拍數: 64 牆數: 4 級數: Novice
編舞者: Nina Dvergsnes - March 2008
音樂: Don't Worry, Be Happy - Bobby McFerrin



The dance moves in an Anti-Clockwise direction.
The dance starts after 64 counts, right before vocal begins

(1-8) Toe Struts Diagonally Fwd Right. Right Side Rock. Syncopated Weave Left

1-2 Step right toe diagonally forward right. Drop right heel, while click your fingers
3-4 Step left toe forward across right. Drop left heel, while click your fingers
5-6 Rock right to right side. Recover on left
7&8 Cross right behind left. Step left to left side. Cross right over left

(9-16) Toe Struts Diagonally Fwd Left. Left Side Rock. Sailor ¼ Left.

1-2 Step left toe diagonally forward left. Drop left heel, while click your fingers
3-4 Step right toe forward across left. Drop right heel, while click your fingers
5-6 Rock left to left side. Recover on right
7&8 Step left behind right making ¼ turn left. Step right to side. Step left to left side. (9)

(17-24) Right Shuffle Fwd. Left Shuffle Fwd. Paddle 1/4 Left x 2.

1&2 Step right forward. Close left beside left. Step right forward.
3&4 Step left forward. Close right beside left. Step right forward.
5-6 Step right forward. Pivot 1/4 turn left rocking weight onto left (use hips)
7-8 Step right forward. Pivot 1/4 turn left rocking weight onto left (use hips) (3)

(25-32) Cross Rock Recover. Chassé Right. Cross Rock Recover. Chassé Left Turning ¼ Left

1-2 Rock right across left. Recover on left.
3&4 Step right to right side. Close left beside right. Step right to right side
5-6 Rock left across right. Recover on right
7&8 Step left to left side. Close Right beside left. Step left ¼ turn left (12)

(33-40) Monterey 1/2 Turn Right x 2

1-2 Touch right to right side. On ball of left turn 1/2 right stepping right beside left
3-4 Touch left to left side. Step left beside right
5-6 Touch right to right side. On ball of left turn 1/2 right stepping right beside left
7-8 Touch left to left side. Step left beside right

(41-48) Cross. Side. Cross. Side. Jazz Box With A ¼ Turn Right.

1-2 Cross right in front of left with bent knees. Step left to side and straighten knees
3-4 Cross right in front of left with bent knees. Step left to side and straighten knees
5-6 Cross right over left. Step back with left.
7-8 Step right foot 1/4 turn right. Step left beside right (3)

(49-56) Rocking Chair. Right Shuffle Fwd. Step Turn ½.

1-2 Rock fwd on right. Recover onto left
3-4 Rock back on right. Recover onto left
5&6 Step right fwd. Close left beside left. Step right fwd
7-8 Step left fwd. Pivot 1/2 turn right. Taking weight on right (9)

(57-64) Left Shuffle Fwd. Step Turn ½. Heel Jack. Cross Unwind ½ Turn.

1&2 Step left forward. Close right beside left. Step right forward
3-4 Step right fwd. Pivot 1/2 turn left. Taking weight on left (3)

&5-6 Step back on right foot. Touch left heel to left diagonal. HOLD

Styling: While touching your heel, lean your right shoulder back to the right diagonally and out with your arms to the side, in waist height with the palm of your hands facing up (like you're showing with your arms that you "know nothing").

&7-8 Step left beside right. Cross right over left. Unwind $\frac{1}{2}$ turn left (9)

Styling: While crossing right over left, cross your hands, right over left, in front of you, waist height and with the palm of your hands facing down. During the unwind, let the hands slide open to each side, with the palm of the hand facing out (like you're pushing all your troubles to the sides).
