

Be Happy!

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK) & Alison Metelnick (UK) - July 2009
音樂: Don't Worry Be Happy - Hermes House Band : (CD: Rhythm Of The Nineties)



(start after 16 count intro) Dance Turns CCW

(1-8) L side, hold, R together, L side, R touch together, R side point, ¼ R & L side point, R side point & hold

1-2& Step L side, hold, step R together
3-4 Step L side, touch R together
5&6& Touch R side, turning ¼ right step R together, touch L side, step L together (3 o'clock)
7-8 Touch R side, hold

(9-16) R back ball step, R fwd, L fwd rock & recover, L full turning shuffles

&1-4 Step R back, step L forward, step R forward, rock L forward, recover weight on R
5&6 Turning ½ left step L forward, step R together, step L forward
7&8 Turning ½ left step right back, step L together, step right back (3 o'clock)

Non-turning alternative for 5-8: shuffle back L/R/L, R/L/R

(17-24) L back, R heel forward, R ball cross side, L sailor kick, L ball cross, start of L vine

1-2 Step L back, touch R heel forward
&3-4 Step R back, cross step L over R, step R side
5&6 Cross step L behind R, step R side, kick L forward on left diagonal
&7-8 Step L back, cross step R over L, step L side

(25-32) Finish L vine turning ¼ L, R fwd, ¼ L pivot turn, R cross step, L side rock & recover, L behind side cross

1-2 Cross step R behind L, turning ¼ left step L forward (12 o'clock)
3&4 Step R forward, pivot ¼ left, cross step R over L (9 o'clock)
5-6 Rock L side, recover weight on R
7&8 Cross step L behind R, step R side, cross step L over R

(33-40) R side shuffle, L rock back & recover, L kick ball cross, L toe strut

1&2 Step R side, step L together, step R side
3-4 Rock L back, recover weight on R
5&6 Kick L forward, step L together, cross step R over L
7-8 Touch L toes side, step L heel down

TAG: During wall 5 dance up to count 40 then add the following 8 count tag and then re-start

1-2 Cross rock R over L, recover weight on L
3&4 Step R to right side, step L together, step R to right side
5-8 Cross step L over R, step R back, step L to right side, cross step R over L (9 o'clock)

(41-48) R cross rock & recover, 2 ¼ R turning shuffles, R rock back & recover

1-2 Cross rock R over L, recover weight on L
3&4 Turning ¼ right step R forward, step L together, step R forward
5&6 Turning ¼ right step L side, step R together, step L side (3 o'clock)
7-8 Rock R back, recover weight on L

(49-56) R kick ball cross, ¼ L hinge turn, R crossing shuffle, L side rock & recover

1&2 Kick R forward, step R together, cross step L over R
3-4 Step R side, turning ¼ left step L side (12 o'clock)
5&6 Cross step R over L, step L side, cross step R over L

7-8 Rock L side, recover weight on R

(57-60) L behind, R side, L crossing shuffle, ¼ L hinge turn, R crossing shuffle

1-2 Cross step L behind R, step R side

3&4 Cross step L over R, step R side, cross step L over R

5-6 Step R side, turning ¼ left step L side (9 o'clock)

7&8 Cross step R over L, step L side, cross step R over L

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