

# Be Happy

拍數: 64      牆數: 2      級數: Improver  
編舞者: Debbie Hogg (UK) - March 2014  
音樂: Happy - Pharrell Williams



## Section 1: 4 Slow Walks Forward

1-4      Step R forward, Hold, Step L forward, Hold  
5-8      Step R forward, Hold, Step L forward, Hold

## Section 2: Forward & Back Step Touches

1-4      Step R forward, Touch L beside R, Step L back, Touch R beside L  
5-8      Step R forward, Touch L beside R, Step L back, Touch R beside L

## Section 3: Big Step Right, Drag L, Touch, 4 Hip Bumps

1,2,3      Big step R to R side, Drag L towards R (Circle arms up & out to side)  
4      Touch L beside R  
5-8      Bump hips to L, Bump hips to R, Bump hips to L, Bump hips to R

## Section 4: Side Touches x2, Step L, Step R Across L, Step L, Kick R

1-4      Touch L to L side, Touch L beside R, Touch L to L side, Touch L beside R  
5-7      Step L to L side, Cross step R in front of L, Step L to L side,  
8      Kick R to R diagonal front

## Section 5: Twists to R & Clap, Twists to L & Clap

1-4      Twist both heels to R, Twist both toes to R, Twist both heels to R, Hold & clap  
5-8      Twist both heels to L, Twist both toes to L, Twist both heels to L, Hold & clap

## Section 6: Side Step Touches & Claps

1,2      Step R to R side, Hold & clap to R side at low level  
3,4      Step L to L side, Hold & clap to L side at low level  
5,6      Step R to R side, Hold & clap to R side at high level  
7,8      Step L to L side, Hold & clap to L side at high level

## Section 7: Slow Jazz Box Swinging Arms

1,2      Step R across in front of L swinging both arms to R, Hold  
3,4      Step L back swinging both arms to L, Hold  
5,6      Step R to R side swinging both arms to R, Hold  
7,8      Step L forward swinging both arms to L, Hold

## Section 8: Cross, Hold, Unwind ½ L, Hold, Jazz Box

1,2      Cross R in front of L, Hold  
3,4      Unwind ½ turn L (weight ends on L), Hold  
5,6      Cross R in front of L, Step back on L  
7,8      Step R to R side, Step L forward.

Contact: [Dancndeb@sky.com](mailto:Dancndeb@sky.com)