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| A Happy Day (zh) |  |

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| **拍數:** | 32 | **牆數:** | 4 | **級數:** | Absolute Beginner | . |
| **編舞者:** | Yu Guo Ying (CN) - 2017年09月 | | | | |
| **音樂:** | Kuai Le De Yi Tian Kai Shi Le (快樂的一天開始了) | | | | |
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**Intro: 72 counts. No tag, No restart.**

**快乐的一天**

**拍数：32 拍面：4 面等级：绝对初级**

**编舞：余国英2017 年9 月**

**音乐：《快乐的一天开始了》来自少儿歌曲音乐长度：3 分07 秒**

**前奏：72 拍无间奏无重新开始**

**[1-8] STEP TOUCH x4**

|  |  |
| --- | --- |
| 1 2 | Step R to R side, Touch L next to R |

|  |  |
| --- | --- |
| 3 4 | Step L to L side, Touch R next to L |

|  |  |
| --- | --- |
| 5 6 | Step R to R side, Touch L next to R |

|  |  |
| --- | --- |
| 7 8 | Step L to L side, Touch R next to L |

**STYLE: Put your arms up and sway to R,L,R,L**

**[1-8] 旁、并、旁、并、旁、并、旁、并**

|  |  |
| --- | --- |
| 1 2 | 右脚向右一步，左脚并点 |

|  |  |
| --- | --- |
| 3 4 | 左脚向左一步，右脚并点 |

|  |  |
| --- | --- |
| 5 6 | 右脚向右一步，左脚并点 |

|  |  |
| --- | --- |
| 7 8 | 左脚向左一步，右脚并点 |

**手臂风格：双手上举同时摆向右、左、右、左**

**[9-16] WALK FORWARD x3, TOGETHER, JUNMING JACK x2**

|  |  |
| --- | --- |
| 1 2 | Walk forward R,L |

**(Both your arms straight forward and turn wrists to outwardly for 2 times)**

|  |  |
| --- | --- |
| 3 4 | Walk forward R, Step L together |

**(Put your hangs on both sides of your hips)**

|  |  |
| --- | --- |
| 5 6 | Jump to air and land R to R side L to L side, Jump to air and land foot together |

|  |  |
| --- | --- |
| 7 8 | Jump to air and land R to R side L to L side, Jump to air and land foot together |

**[9-16] 走、走、走、走、开、并、开、并**

|  |  |
| --- | --- |
| 1 2 | 右脚向前走一步，左脚向前走一步(两手臂前伸，手腕向外转动2 次) |

|  |  |
| --- | --- |
| 3 4 | 右脚向前走一步，左脚向前走一步（双手叉腰） |

|  |  |
| --- | --- |
| 5 6 | 双脚跳开，双脚跳并 |

|  |  |
| --- | --- |
| 7 8 | 双脚跳开，双脚跳并 |

**[17-24] STEP , TOGETHER, STEP TOUCH, FULL TURN**

|  |  |
| --- | --- |
| 1 2 | Step R to R side, Step L next to R |

|  |  |
| --- | --- |
| 3 4 | Step R to R side,Touch L next to R |

**(STYLE [1-4]: Sway the right arm clockwise around the right side then put the right**

**hand at the right hip at 4 count.)**

|  |  |
| --- | --- |
| 5 6 7 8 | Turn L around while Stepping L, R, L, R |

**[17-24] 旁、并、旁、点、360°全转**

|  |  |
| --- | --- |
| 1 2 | 右脚向右一步，左脚并右脚 |

|  |  |
| --- | --- |
| 3 4 | 右脚向右一步，左脚并点 |

**(1-4 拍手臂风格:右手在右侧由前向后顺时针绕,第四拍的时候叉腰)**

|  |  |
| --- | --- |
| 5 6 7 8 | 左脚开始向左转一圈 |

**[25-32] SWIVELS, HOLD, 1/4 TURN, STEP, STEP**

|  |  |
| --- | --- |
| 1 2 | Swivel both heels to R, Swivel both toes to R |

|  |  |
| --- | --- |
| 3 4 | Swivel both heels to R, Hold |

|  |  |
| --- | --- |
| 5 6 | Step R forward, Turn 1/4 R weight to L, |

|  |  |
| --- | --- |
| 7 8 | Step R in place, Step L in place |

**STYLE : 1-4: Swivel front arms on the sides to L, R, L.**

|  |  |
| --- | --- |
| 5-8 | Put your hangs on both sides of your hips |

**[25-32] 转、转、转、停，上、转、踏、踏**

|  |  |
| --- | --- |
| 1 2 | 两脚跟同时向右转，前脚掌向右转 |

|  |  |
| --- | --- |
| 3 4 | 两脚跟同时向右转，停 |

|  |  |
| --- | --- |
| 5 6 | 右脚向前一步，左转90°重心回到左脚 |

|  |  |
| --- | --- |
| 7 8 | 右脚原地踏一步，左脚原地踏一步 |

**（手臂风格：1-4 手臂：在两侧转动肘关节，同时转向左，向右，向左，5-8 手臂：双手**

**叉腰）**

**REPEAT**

**HAVE YOUR FUN!**

**重复**

**祝您愉快！**

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