Happy Heart

Count: 32

Ebene: Absolute Beginner



Intro: 8 counts - Start on vocal

Section 1 - (POINT, POINT, POINT, STEP) x2

- Point L to L side, point L beside R, point L to L side, step L beside R 1 - 2 - 3 - 4
- 5-6-7-8 Point R to R side, point R beside L, point R to R side, step R beside L

Section 2 - Step in place 8 counts

- Step L, R, L, R 1-2-3-4
- 5-6-7-8 Step L, R, L, R

Section 3 - STEP FORWARD DIAGONALLY, POINT, STEP BACK DIAGONALLY, POINT, STEP BACK DIAGONALLY, POINT, STEP FORWARD DIAGONALLY, POINT

- Step forward L diagonally to L side, point R beside L, step back R diagonally to R side, point 1-2-3-4 L next to R
- 5-6-7-8 Step back L diagonally to L side, point R beside L, step R forward diagonally to R side, point L next to R

Section 4 - SIDE SHUFFLE, BACK, RECOVER, ¼ L TURN SIDE SHUFFLE, BACK, RECOVER,

- 1-2-3-4 Step side L, step ball of R next to L, step side L, step back R, step L in place
- 5-6-7-8 Step side R with ¼ L turn (9:00), step ball of L next to R, step side R, step back L, step R in place

REPEAT AT 9:00

TAG 1 : hold 4 counts at 6:00 at end of 2nd wall

TAG 2 : step L & R in place 8 counts at end of 4th wall

TAG 3 : hold 4 counts at 6:00 at end of 6th wall

Hand and foot movements are include to improve body coordination. Please watch my dance demo cum tutorial video for hand styling and practice!

Let's be happy & dance in the sun!

Enjoy Dancing with Betty!





Wand: 4