Happy Hour (歡樂時光) (zh)



Compte: 64 Mur: 2 Niveau: Intermediate

Chorégraphe: Shaz Walton (UK) - 2009年11月

Musique: Happy Hour - Cheryl



前奏: Count in: 32 counts. On Vocals

第一段 Kick. Step. Touch. Step back. Coaster step. Out. Out. Sailor ¼ left. 踢, 踏, 點, 後路, 海岸步, 外, 外, 1/4水手

- 1&2-3 Kick right foot forward. Step right beside left. Touch left slightly back. Step left back. 右足前踢, 右足併踏, 左足略後點, 左足後踏
- 4&5 Step back right. Step back left. Step forward right. 右足後踏, 左足後踏, 右足前踏
- 6-7 Step left to left diagonal. Step right to right diagonal. 左足左斜角前踏, 右足右斜角前踏
- 8&1 Cross step left behind right making ¼ left. Step right to right, step left to left. 左轉90度左足於右足 後交叉踏, 右足右踏, 左足左踏

第二段 Cross. Side rock. Recover. Step. Side rock. Recover. Step. Side. Cross ½. Step. 交叉, 側下沉 回復, 踏, 側下沉 回復, 踏 側, 交叉 1/2 踏

- 2 Cross step right over left. 右足於左足前交叉踏
- 3-4& Rock left to left. Recover on right. Step left beside right. 左足左下沉, 右足回復, 左足併踏
- 5-6 Rock right to right. Recover on left. 右足右下沉, 左足回復

第三段 Dorothy step. Diagonal. Touch. Side rock. ¼ step. Walk. Walk. 桃樂蒂步, 斜角, 點, 側下沉, 1/4 踏, 走 走

- 1-2& Step right to right diagonal. Lock left behind right. Step right to right diagonal. 右足右斜角踏, 左足 於右足後踏, 右足右斜角踏
- 3-4 Step left to left diagonal. Touch right beside left. 左足左斜角踏, 右足併點
- 5-6& Rock right to right. Recover on left making ¼ left. Step right beside left. 右足右下沉, 左足回復左轉90度, 右足併踏
- 7-8 Walk forward left. Walk forward right. 左足前走, 右足前走

第四段 Sailor ½ left. Step. Lock. Step. step. Sailor ¼ right. 左1/2轉水手, 踏, 鎖, 踏, 路, 右1/4轉水手

- 1&2 Sailor ½ turn left. 左180度轉水手步
- 3-6 Step right slightly to right diagonal. Lock left behind right. Step right slightly to right diagonal. Step left slightly to left diagonal 右足右斜角踏, 左足於右足後鎖踏, 右足右斜角踏, 左足略左斜角踏
- 7&8 Cross step right behind left making ¼ right. Step left to left. Make a large step to right. 右轉90度右足於左足後交叉踏, 左足左踏, 右足右一大步

第五段 Together. Touch. Touch out. Drag. Step point. ¼ point. Back. Back. 併, 點, 點外, 拖, 踏 點, 1/4 點, 後 後

1-3	Step left beside right. Touch right beside left. Touch right to right side. 左足併踏, 右足併點, 右足右點
4&5	Drag right up to left. Step right beside left. Touch left to left side. 右足拖併, 右足併踏, 左足左點
6	Make ¼ left keeping weight on right & left toes touched forward. 左轉90度重心在右足左足趾前點
7-8	Walk back left. Walk back right. 左足後走, 右足後走
第六段	¼ Ball cross. ½ unwind. Rock back. Recover. Touch. ¼ Bounce x3 (knee pops) 1/4 併 交叉, 1/2 繞轉, 後下沉 回復, 點, 1/4 彈跳三次(膝彈)
&1	Step left to left making ¼ left. Cross right over left. 左轉90度左足左踏, 右足於左足前交叉踏
2-3	Unwind ½ turn left (weight right) rock back on left. 左繞轉180度(重心在右足), 左足後下沉
4-5	Recover on right. Touch left foot forward. 右足回復, 左足前點
6-8	Making ¼ right bounce 3 times. (Or pop knees) (Weight must end on left) 以彈跳(或膝彈)三次右轉90度(結束重心在左足)
第七段	Rock back. Recover. Kick. Ball cross. Back. Side. Touch. Hold. 後下沉 回復, 踢, 併 交叉, 後, 側, 點, 候
1-2	Rock back right. Recover on left. 右足後下沉, 左足回復
3&4	Kick right to right diagonal. Step right beside left. Cross step left over right. 右足右斜角踢, 右足併踏, 左足於右足前交叉踏
5-6	Step back right. Step left to left. 右足後踏, 左足左踏
7-8	Touch right forward, (bending both knees) Hold. 右足前點(雙膝彎曲), 候
第八段	Ball Step. Pivot ¼. Cross. ¼. Triple ½. 併 路, 轉1/4, 交叉, 1/4, 小三步轉1/2
&1	Step right beside left. Step forward left. 右足併踏, 左足前踏
2-4	Make 1/8 turn right. Step left forward. Make 1/8 turn right (Or Hip rolls) 右轉45度, 左足前踏, 右轉45度(或轉臀)
5-6	Cross step left over right. Make ¼ left stepping back right. 左足於右足前交叉踏, 左轉90度右足後踏
7&8	step left to left making ¼ left. Step right beside left. Make ¼ left stepping left forward. 左足左踏左轉90度, 右足併踏, 左轉90度左足前踏