

My Happy Idol

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Beginner
编舞者: BM Leong (MY) - November 2016
音乐: Kuai Le Chong Bai (快樂崇拜) - Will Pan (潘帥) & Angela Chang (張韶涵)



SOD: B/AAA/B/AAAA(16)/B/AA/B

Intro: 20 counts – start after the counting of “ 1,2,3,4 “

(A) 32 counts

S A1 – RIGHT & LEFT LINDY

1&2 Cha cha to right side on RLR
3-4 Cross L behind R, recover onto R
5&6 Cha cha to left side on LRL
7-8 Cross R behind L, recover onto L

S A2 – RIGHT & LEFT DIAGONAL FORWARD CHA CHA, PIVOT 1/2 TURN LEFT, KICK & POINT

1&2 Cha cha forward along right diagonal on RLR
3&4 Cha cha forward along left diagonal on LRL
5-6 Step R forward, pivot 1/2 turn left
7&8 Kick R forward, step R together, point L to left side

(Replaced by kick-ball-change for 7th A before Restarting the dance)

S A3 – CROSS CHA CHA, SIDE-ROCK, CROSS CHA CHA, HALF TURN RIGHT

1&2 Cross cha cha on LRL
3-4 Rock R to right side, recover onto L
5&6 Cross cha cha on RLR
7-8 1/4 turn right step L back, 1/4 turn right step R to right side

S A4 – WALK FORWARD, SKIP-HITCH, PADDLE 1/4 TURN LEFT X 2

1-2 Walk forward on L, walk forward on R
3-4 Walk forward on L, skip L backward hitching R
5-6 Step R forward, paddle 1/4 turn left
7-8 Step R forward, paddle 1/4 turn left

(B) 32 counts

S B1 – JUMP - TOUCH X 4

1-2 Jump R to right side touching L together, swing both hands forward and back
3-4 Jump L to left side touching R together, swing both hands forward and back
5-8 Repeat counts 1-4

S B2 – HIP BUMPS WITH HAND ACTIONS

1-2 Bump hips to right side stretching right hand forward, hold
3-4 Bump hips to left side putting left hand on top of right hand, hold
5-8 Bump hips RLRL switching right hand on top, then left hand on top, right hand on top and left hand on top.

S B3 – SIDE AND TOUCH X 4

1-2 Step R to right side stretching hands forward, cross-touch L behind R pulling both elbows back
3-4 Step L to left side stretching hands forward, cross-touch R behind L pulling both elbows back
5-6 Step R to right side stretching hands forward, cross-touch L behind R pulling both elbows back
7-8 Step L to left side stretching hands forward, cross-touch R behind L pulling both elbows back

S B4 – HIP BUMPS MOVING FORWARD AND BACK

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|-----|--|
| 1&2 | Step R forward bumping hips forward/back/forward |
| 3&4 | Step L forward bumping hips forward/back/forward |
| 5&6 | Step R back bumping hips back/forward/back |
| 7&8 | Step L back bumping hips back/forward/back |

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