CNY Keep Smiling (Wahaha)



拍数: 100 墙数: 1 级数: Phrased Fun Dance

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音乐: CNY Keep Smiling (笑笑力量大) - 8TV artists



Phrase: AB Tag1 A- ABB Tag2 A-Start dance after 4x8, weight on LF

Part A (Verse)

SET 1 Jazz Box, Hip Bumps R and L End facing

1-4 Cross RF over LF, Step back on LF, Step RF to R, Step LF fwd 12:00

5-8 Step RF to R and bump R Hip (2x), Bumps L hip (2x) 12:00

SET 2 Rocking Chair, ½L Pivot (2x)

1-4 Rock RF fwd, Recover on LF, Rock RF back, Recover on LF 12:00

5-8 Step RF fwd, ½L stepping on LF, Step RF fwd, ½L stepping on LF* [A- ends here] 12:00

SET 3 R Diagonal Lock steps, Hook, L Diagonal Lock Steps, Hook

1-4 Step RF to diag R fwd, Lock LF behind RF, Step RF to diag R fwd, Hook LF behind R knee

12:00

5-8 Step LF to diag L fwd, Lock RF behind LF, Step LF to diag L fwd, Hook RF behind L knee

12:00

SET 4 ½R Monterey Turns (2x)

1-4 Point RF to R, ½R stepping RF next to LF, Point LF to L, Close LF next to RF 6:00

5-8 Point RF to R, ½R stepping RF next to LF, Point LF to L, Close LF next to RF 12:00

SET 5 Step R, Touch, Step L, Touch

1-4 Step RF to R, Hold, Point LF to R diag back (bend R knee slightly), Hold 12:00

5-8 Step LF to L, Hold, Point RF to L diag back (bend L knee slightly), Hold 12:00

SET 6 Full Turn R Walk Around, Touch

SET 7 Step L, Touch, Step R, Touch

1-4 Step LF to L, Hold, Point RF to L diag back (bend L knee slightly), Hold 12:00

5-8 Step RF to R, Hold, Point LF to R diag back (bend R knee slightly), Hold 12:00

SET 8 Full Turn L Walk 1/2L round, Run 1/2L round, close

1-4 ¼L Step fwd on LF, hold, ¼L Step fwd on RF, hold 12:00

5-8 1/8L Step fwd on LF, 1/8L Step fwd on RF, 1/8L Step fwd on LF, 1/8L Step RF together 12;00

Part B (Chorus)

SET 1 Palm movements, SMILE, Tilt Head RL, Draw a SMILE

1-2 (1) Starting with both palms facing up in front of cheeks, (2) turn both wrists in until both

thumbs are pointing to mouth and SMILE 12:00

3-4 (3) Tilt head to R, (4) Tilt head to L 12:00

5-8 Closing last 3 fingers on both hands, draw a smile over 4 counts with index finger from centre

of lips to both sides outwards 12:00

SET 2 Draw a circle, Gongxi fist shakes

1-2 Draw a big circle with both hands like tracing a big ball in front of face 12:00

3-4 Close R palm over L fist and shake fists twice fwd
5-8 (5-6) Shake fists towards R diag twice, (7-8) Shake fists towards L diag twice 12:00

SET 3 REPEAT SET 1

SET 4 Drumsticks R and L, Level Up, Good Sign

1&2 As if holding drumsticks, hit an imaginary drum on the R at shoulder level 3x 12:00 As if holding drumsticks, hit an imaginary drum on the L at shoulder level 3x

5-7 (5-7) Place R palm in front of chest, Place L palm slightly on top of R palm, Place R palm slightly on top of L palm (all palms facing down, fingers straight, and arms horizontal) 12:00

Place both palms facing down fingers pointing fwd and turn wrists in Close fingers into a good sign on both hands next to face and hold

Tag 1

SET 1 Hop and claps R and L, Run around to meet partners

1&2 Hop on RF to R and Clap 3x on the right3&4 Hop on LF to L and Clap 3x on the left

5-8 Round around ¾L or ¾R to face your partners [Person on L turn L, Person on R turn R]

SET 2 Clapping game

1&2 Clap your hands 3x

3&4 Clap your friend's palms 3x

5&6&7 Clap you hands, Clap your R palm to your partner's R palm, Clap your hands, Clap your L

palm to your partner's L palm, Clap your hands

&8 Clap both palms to your partner's palms 2x

SET 3 Count money on L and R, Tilt Head LRLR

1&2 Brush R palm on L palm (like counting money) on left 3&4 Brush L palm on R palm (like counting money) on right

5-8 Clasp L fist with R palm Tilt head LRLR

SET 4 Repeat SET 2 clapping game

SET 5 Merry Go Round CW

Hook R elbows with your friend and go around each other CW
 Turn to face 12:00 at your original positions, keep weight on LF

Tag 2

Set 1 R Side Touch, Hold

1-8 Step RF to R (1-2), Hold (3-4), Point LF to R diag back (bend R knee slightly) (5-8)

Set 2 L Side Touch, Hold

1-8 Step LF to L (1-2), Hold (3-4), Point RF to L diag back (bend L knee slightly) (5-8)

Set 3-4 Repeat SET 1&2

Gong Xi Fa Cai! Keep Smiling!