

Clap Happy !

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Happy - Pharrell Williams : (iTunes)



QUICK INTRO! 4 Counts!

Toe, heel. Kick, touch. Kick, touch. Kick. Touch.

- 1-2 Touch right toes forward. Drop right heel.
- 3-4 Kick left foot forward. Touch left beside right (bend your knees)
- 5-6 Kick left foot forward as you straighten. Step left beside right (bend your knees)
- 7-8 Kick right foot forward. Touch right beside left.

Kick, behind, side, cross. Kick, kick. Behind, kick.

- 1-2 Kick right to right side. Cross step right behind left.
- 3-4 Step left to left side. Cross step right over left.
- 5-6 Kick left to left side x2.
- 7-8 Cross step left behind right. Kick right to right side.

Behind, ¼, side, bump. Side, bump. Side, bump.

- 1-2 Cross step right behind left. Step left ¼ left.
- 3-4 Step right to right side. Sway/bump right hip to right.
- 5-6 Drop weight to left. Sway/bump left hip to left.
- 7-8 Drop weight to right. Sway/bump right hip to right.

Side, together, side, touch. ¼, ½, ½, step.

- 1-2 Step left to left side. Step right beside left.
- 3-4 Step left to left side. Touch right beside left.
- 5-6 Make ¼ right stepping right forward. Make ½ right stepping back left.
- 7-8 Make ½ right stepping forward right. Step forward left.

Rock, recover. Back, sweep. Back, sweep. Rock, recover.

- 1-2 Rock forward right. Recover on left.
- 3-4 Step back right as you sweep left from front to back over 2 counts
- 5-6 Step back left as you sweep right from front to back over 2 counts.
- 7-8 Rock back right. Recover on left.

Toe, Heel, Cross. Toe, Heel, Cross. Stomp. Stomp/kick.

- 1-2 Touch right toes to left instep. Touch right heel to right diagonal.
- 3-4 Cross right over left. Touch left toes to right instep.
- 5-6 Touch left heel to left diagonal. Cross left over right.
- 7-8 stomp right beside left. Stomp right shoulder width apart from left as you kick left to left side.

Behind, side, cross, hitch. Touch, hitch, behind, ¼.

- 1-2 Cross step left behind right. Step right to right side.
- 3-4 Cross left over right. Hitch right up and around to front.
- 5-6 Touch right toes across left. Hitch right up and around to back.
- 7-8 Cross step right behind left. Make ¼ left stepping left forward.

Step, POSE! ¼. ¼ hitch. Jazz box.

- 1-2 Step right to right side. Touch left to left side as you angle your upper body to right diagonal & strike a pose! (optional)

- 3-4 Make ¼ left stepping left forward. Make ¼ left on ball of left foot as you hitch right from back to front.
- 5-6 Cross step right over left. step back on left.
- 7-8 Step right to right. step left forward.

No Tags or Restarts..... Just clap along & be happy
