Happy Man

拍數: 48

級數: Improver



音樂: Die a Happy Man - Thomas Rhett

#16 count intro

S1: CHA BASIC & STEP LOCKS

- 1,2,3&4 Right step back, replace left, step right to right side, close left, step right to right side
- 5,6,7,8 Step forward left, right foot scooting behind left; repeat

S2: SWEEP & SKIP TURN

- 1,2-4 Step forward left, sweep right foot forward for 3 counts
- 5,6,7&8 Cross left foot over right making quarter turn to right (3:00 wall) with slight skipping action; step right, then step left, right, left in place

S3: CHA BASIC & STEP POINTS

- 1,2,3&4 Cha cha basic starting with right foot (as at beginning of dance)
- 5,6,7,8 Step forward left, point right toe to right side, step in front of left w. right, and point to left side with left

S4: VOLTA/OUT OUTS

- 1,2,&3,4Cross left over right (ct.1), hold (2), step to right w. ball of right foot (&), cross left over right
(3) (rotating hips slightly) and hold (4)
- 5,6,&7,8 Cross right foot over left (ct. 5) and twist a half turn to left(6) (9:00 wall) step out right(&) step out left(7) and hold (8)

S5: STEP LOCK SHUFFLES & MAMBO

- 1,2&3,4& Right step forward (slight diagonal right), scoot left foot forward behind right, right step forward; left step forward (slight diagonal left), scoot right foot forward behind left, left step forward
- 5&6, 7&8 Mambo forward (right forward, left in place, right replace) and mambo back (left back, right in place, left replace)

S6: PIVOT TURNS & WEIGHT SHIFT

- 1&2, 3&4 Half turn left (step right forward, pivot ½ turn left on left foot, step forward right) (3:00 wall) and half turn right (step forward left, pivot ½ turn right on right foot, step forward left)(9:00 wall)
- 5&6, 7,8 Three count vine right foot to right side, left behind right, right to side; sweep left foot a half turn right pointing toe (3:00 wall), and shift weight onto left foot while popping right knee out in preparation for starting next wall.

Performance notes: There is one Restart on the fifth wall (bridge) after 32 counts (at the end of the "out outs") and hold.

happymanchacha 1/15/16 ©





牆數:4