

Happy Frog

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: High Beginner
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音樂: Xiao Tiao Wa (小跳蛙) - Qing Wa Yue Dui (青蛙樂隊)



Intro: 16 counts

S1 : WALK FORWARD, TOGETHER, SQUAT x 2

1 2 3 4 Walk forward R, L, R, Step L next to R

(arms: Straighten your arms, cross then in front of you and open them to your sides)

5 6 7 8 Two knees together and squat half down, stand up, Two knees together and squat half down, stand up,

S2: STEP TOUCH, STEP TOUCH, 1/4 TURN HOP, HITCH, HOP, HITCH, HOP, HITCH, 1/4 TURN HOP, HITCH TOGETHER,

1 2 3 4 Step R to R side, Touch L next R, Step L to L side, Touch R next L

(arms: Put your arms up, Put your arms down , Pinch the fist and turn the wrist)

5 6 7 8 Turn 1/4 R hop L forward and hitch R then step R forward, Hop R forward and hitch L then step L forward, hop L forward and hitch R then step R forward, Turn 1/4 L hop L and hitch L then together

(arms: put right arm in your waist, around left arm from front to back)

S3: JUMP HEEL, JUMP, JUMP HEEL, JUMP, 1/2 TURN, POP x2

1 2 3 4 Jump R to R side and touch L heel to L, Jump together, Jump L to L side and touch R heel to R side

(arms: put both your hands over your chest, put down your arms, put both your hands over your chest, put down your arms)

5 6 Step R forward, Turn 1/2 L weight to L

7 8 Step R forward and raise left knee forward, Step L forward and raise right knee forward

(arms: put both your hands on your side waist)

Restart: After Count 24 on wall 3 (12:00)

S4: HALF SQUAT, HOLD, TOGETHER, HOLD, HALF SQUAT, HOLD, TOGETHER, HOLD,

1 2 Step R to R side and squat half down, Hold

3 4 Step R together, Hold

(arms: Clap 2 times on your right shoulder)

5 6 7 8 Step L to L side and squat half down, Hold

(arms: Clap 2 times on your left shoulder)

Have your fun!

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