

Get Happy

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Carolyn Richards (UK)
音樂: Get Happy - Zoe Birkett



20 count intro, then commence dance just as she is about to sing

KICK CROSS, KICK CROSS, BEHIND, SIDE, FRONT, HOLD

- 1& Kick right foot out to right diagonal, step right foot in front of left foot
- 2& Kick left foot out to left diagonal, step left foot in front of right foot
- 3& Step right foot back behind left foot, step left foot to left side
- 4& Step right foot in front of left foot, hold

KICK CROSS, KICK CROSS, BEHIND, SIDE, FRONT, HOLD

- 5& Kick left foot out to left diagonal, step left foot in front of right foot
- 6& Kick right foot out to right diagonal, step right foot in front of left foot
- 7& Step left foot back behind right foot, step right foot to right side
- 8& Step left foot in front of right foot, hold

STEP, SLIDE, BACK ROCK, STEP, HOLD, CROSS &

- 9& Long step with the right foot to the right side, dragging left foot to meet right foot, weight remaining on the right foot
- 10& Rock back on the left foot, recover weight onto the right foot
- 11& Step left foot to left side, hold
- 12& Step right foot in front of left foot, step back on left foot

CROSS, WEAVE, SWEEP, BACK ROCK

- 13& Step right foot in front of left foot, bring left foot round in front of right foot
- 14& Step onto left foot, step right foot to right side
- 15& Step left foot behind right foot, sweep right toe out and round from front to back finishing behind left foot, being careful not to step back on the right foot as the weight must remain on the left foot
- 16& Rock back on the right foot, recover weight onto the left foot

JAZZ BOX ¼ TURN, JAZZ BOX ¼ TURN

- 17& Making a ¼ turn to the right, cross right foot in front of left foot, step back on left foot
- 18& Step right foot to right side, step left foot beside right foot
- 19& Making a ¼ turn to the right, cross right foot in front of left foot, step back on left foot
- 20& Step right foot to right side, step left foot beside right foot

POINT CROSS, POINT CROSS, FORWARD ROCK, ¼ TURN, STEP, SLIDE

- 21& Point right toe to right side, step right foot in front of left foot
- 22& Point left toe to left side, step left foot in front of right foot
- 23& Rock forward on the right foot, recover weight onto the left foot
- 24& Making a quarter turn to the right, long step with the right foot to the right side, dragging left foot to meet right foot, weight remaining on the right foot

BACK ROCK, STEP, HOLD, HEEL STRUT, HEEL STRUT

- 25& Rock back on the left foot, recover weight onto the right foot
- 26& Step left foot to left side, hold
- 27& Step forward on the right heel, drop right toe down taking the weight
- 28& Step forward on the left heel, drop left toe down taking the weight

FORWARD ROCK, BACK ROCK, HEEL STRUT, HEEL STRUT

- 29& Rock forward on the right foot, recover weight onto the left foot
- 30& Rock back on the right foot, recover weight onto the left foot
- 31& Step forward on the right heel, drop right toe down taking the weight
- 32& Step forward on the left heel, drop left toe down taking the weight

REPEAT

On the seventh repetition, to end the dance, dance up to the end of the weave (up to count 15). Sweep as you do in the dance but making a half a turn by the right so that you end up facing the front, and instead of a back rock, step onto the right foot and then stamp forward on the left foot

Optional: finger clicks are recommended when you are doing the point crosses and the heel struts
