

No Worries

Web site: www.linedancermagazine.com

32 count, 1 wall, beginner level Choreographer: William Sevone (Aug 2004) Choreographed to: Don't Worry, Be Happy by Bobby McFerrin (68 bpm). For alternate music please refer to dance sheet

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Choreographers note:- The 'feel good' song from the even more 'feel good' movie "Cocktail". This dance is very well suited for those dancers who are established Beginners within the new levels. And as usual a varied array of alternate music.... just in case.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'. Dance starts on the vocals after the long 64 count intro with feet together and weight on the right foot.

2x Left Hip Bums, 3x Right Hip Bumps. 1/4 Left Side Rock. Rock. 1/4 Left Rocking Cha Cha (6:00)

- 1 2 (leaning left) Step left foot slightly to left bumping hips to left. Bump hips to left.
- 3& 4 (leaning right) Bump hips to right three times.
- 5 6 Turn 1/4 left and rock left foot to left. Rock onto right foot (9:00).
- 7& 8 Rock onto left foot, rock onto right foot, rock onto left foot whilst turning 1/4 left (6:00)

1/4 Left Side Rock. Rock. 1/4 Left Rocking Cha Cha, Cross Step Bwd Step. Chasse (12:00)

- 9 10 Turn 1/4 left and rock right foot to right. Rock onto left foot (3:00).
- 11& 12 Rock onto right foot, rock onto left foot, rock onto right foot whilst turning 1/4 left (12:00)
- 13 14 Cross step left foot over right. Step backward onto right foot.
- 15& 16 Step left foot to left side, step right foot next to left, step left foot to left side.

Cross Step Bwd Step. Chasse, 2x Cross Step-1/2 Right (12:00)

- 17 18 Cross step right foot over left. Step backward onto left foot.
- 19& 20 Step right foot to right side, step left foot next to right, step right foot to right side.
- 21 (bending knees slightly) Cross step left foot over right
- 22 (straightening knees) Unwind 1/2 right (weight on right foot)
- 23 (bending knees slightly) Cross step left foot over right
- 24 (straightening knees) Unwind 1/2 right (weight on right foot)

4x Dipping Hip Bumps. 4x Diagonal Fwd 'Swagger' Step (12:00)

- 27 28 (leaning right and dipping right shoulder) Bump hips left twice.
- 29 30 Step left foot diagonally forward left. Step right foot diagonally forward right.
- 31 32 Step left foot diagonally forward left. Step right foot diagonally forward right.
- Dance note: Counts 29-32 are short stepped and performed with a slight swagger or rocking
- motion.

Other suggested music: Joyce Simms

T-Spoon Ashford & Simpson Rufus & Chaka Khan Chuck Jackson Luther Vandross Louis Bega Come into my life (94 bpm) Sex on the beach (100 bpm) Solid (102 bpm) Ain't nobody (104 bpm) Any day now (109 bpm) Never too much (110 bpm) Mambo #5 (87/174 bpm)

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