

GET HAPPY

Choreographers: Warwick & Paula Armstrong,
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Music available on: ...30 Top Quicksteps (Track 15 – Get Happy) Dance & Listen DLD 1092

Speed: Slow to suit (Suggest reduce by 6.5%- 8% or to 41 – 42 RPM) 2:00 @ 100% (45RPM)

Footwork: Opposite, directions for the man except where noted.

Rhythm/Phase: Quickstep, phase IV + 0 + 1 (Pendulum)

Timing: As noted for weight changes.

Difficulty – Average 2012

Rev - 1(25/2/12)

Sequence: INTRO A B C B(9 - 16) C (9 - 16) A B (1 – 8) A (1-7) ENDING

INTRO

1-4 (FACING/DLW) WAIT;WAIT; APT PT ; TOG TO CP DLW, TCH;

SS 3 – Step apt L leave trail hands joined -, hold -;

SS 4 – Rec R -, touch L to R CP DLW -;

PART A

1 – 4 QUARTER TURN & PROGRESSIVE CHASSE & FWD TO BJO;;;;

SS 1 - Fwd L,-, fwd R comm RF trn,-;

QQS 2 - Cont slight RF trn sd L blending to CP DRW, cl R to L, sd & slightly bk L to CP DRW,-;

SQQ 3 - Bk R comm LF trn,-, cont LF trn sd L DLW, cl R to L;

SS 4 - Sd & slightly fwd L,-, fwd R outsd ptr to BJO DLW,-;

5 – 8 RUNNING FWD LOCKS;; FWD TO FC,-,SD,CL; WLK & PK-UP DLC;

QQQQ 5 - Fwd L, lock RIB of L, fwd L, fwd R;

QQS 6 - Fwd L, lock RIB of L, fwd L in CONTRA BJO DLW,-;

SQQ 7 – Fwd R comm RF trn to CP/WALL,-, Sd L, Cl R;

SS 8 – SCP Fwd L,-, Small fwd R with RF trn to CP DLC (L fwd R,-, fwd L with LF trn in front of M),-;

9 – 12 VIENESSE TRNS (CP LOD);; WALK 2 & FWD, LK, FWD;; ,,

SQQ 9 - Fwd L DLC comm LF trn,-, cont LF trn sd R, XLIF of R (cl R to L) to CP DRC;

SQQ 10 - Cont LF trn bk R LOD,-, cont LF trn sd L, cl R to L (XLIF of R) to CP DLW;

SS 11 – Fwd L,-, Fwd R comm trn RT Fc to BJO,-;

QQS 12 - Fwd L in BJO, / XRIB, Fwd L;

13 – 16 MANUVER, SD, CL;;, SPIN TRN & CHECK BACK;; WLK 2 DLC;

SQQ 13 - Fwd R outsd ptr comm RF trn -, Fwd & sd L cont RF trn, cl R to L completing RF trn to end CP RLOD;

SSSS 14-15 - Bk L LOD toe trned in pivot ½ RF,-, fwd R heel lead LOD between W's feet rise cont RF trn,-; Bk L checking,-

SS 16- Fwd R LOD,-, Fwd R;

PART B

1 – 4 REV CHASSE TURNS;; FWD & MANUVER; BK 2;

SQQ 1 - Fwd L comm trn LF,, fwd & sd R cont trn LF, cls L to R CP-RLOD;

S- (SQQ) 2 - Bk R comm trn LF,, bring L to R no wgt trn LF on R heel (W Fwd L comm LF trn, sd R cont trn, cls L to R) CP-DLW;

SS 3 – Fwd L -, Fwd R comm RF trn in front of L to end CP-RLOD,-;

SS 4 - Bk L -, Bk R -;

5 – 8 DOUBLE PIVOT TO WALL;; 2 SD CL ; WLK & PICK UP DLC;

SS 5 - Bk L toeing in pivot ½ RF,-, fwd R cont slight RF trn to end CP DRW,-;

SS 6 - Bk L toeing in pivot ½ RF,-, fwd R cont slight RF trn to end CP DLW,-;

QQQQ 7 – Sd L cont RF trn, cl R to L completing RF trn to end CP W

SS 8 – Blend to SCP LOD Fwd L -, Small fwd R with RF trn to CP DLC (L fwd R,-, fwd L with LF trn in front of M),-; Hold no weight change -;

9 – 12 REV CHASSE TURNS;; FWD & MANUVER; BK 2;

SQQ 1 - Fwd L comm trn LF,, fwd & sd R cont trn LF, cls L to R CP-RLOD;

S- (SQQ) 2 - Bk R comm trn LF,, bring L to R no wgt trn LF on R heel (W Fwd L comm LF trn, sd R cont trn, cls L to R) CP-DLW;

SS 3 – Fwd L -, Fwd R comm RF trn in front of L to end CP-RLOD,-;

SS 4 - Bk L -, Bk R -;

13 – 16 DOUBLE PIVOT TO WALL;; 2 SD CL ; SLOW SIDE DRAW ;

- SS 5 - Bk L toeing in pivot ½ RF,-, fwd R cont slight RF trn to end CP DRW,-;
- SS 6 - Bk L toeing in pivot ½ RF,-, fwd R cont slight RF trn to end CP DLW,-;
- QQQQ 7 – Sd L cont RF trn, cl R to L completing RF trn to end CP W
- SS 8 – Slow Sd L -, Draw R but not fully to L -, Hold with R pointed slightly to RLOD -,

PART C

1 – 4 PENDULUM;; STEP HOPS TWICE; WALK & PICK UP;

- SSQQS 1-2 - Cl R while flexing L ankle swing L to sd,-, cl L flexing R ankle swing R to sd,-, cl R flexing L ankle swing L to sd, cl L flexing R ankle swing R to sd, cl R flexing L ankle swing L to sd, -;
- QQQQ 3 – SCP Fwd L, hop on L, Fwd R, hop on R;
- SS 4 – SCP LOD Fwd L -, Small fwd R with RF trn to CP LOD (L fwd R,-, fwd L with LF trn in front of M),-; Hold no weight change -,

5 – 8 FORWARD & CHECK TO BJO; FISHTAIL; WALK & FACE; SD & DRAW;

- SS 5 –CP Fwd L comm. LF trn into BJO -, Fwd R to BJO -;
- QQQQ 6 – XLIB of R trng 1/8 RF, small fwd & sd R but outsd ptr's R ft trn another 1/8 RF, fwd L w/L sd leading, lock RIB of L to Contra BJO DLW;
- SS 7 – Fwd L comm. RF trn -, Fwd R trning to face L & wall CP -;
- SS 8 – Sd L -, draw R without closing;

9 – 12 PENDULUM;; STEP HOPS TWICE; WALK & PICK UP;

- SSQQS 9-10 - Cl R while flexing L ankle swing L to sd,-, cl L flexing R ankle swing R to sd,-, cl R flexing L ankle swing L to sd, cl L flexing R ankle swing R to sd, cl R flexing L ankle swing L to sd, -;
- QQQQ 11 – SCP Fwd L, hop on L, Fwd R, hop on R;
- SS 12 – SCP LOD Fwd L -, Small fwd R with RF trn to CP LOD (L fwd R,-, fwd L with LF trn in front of M),-; Hold no weight change -,

13 – 16 FORWARD & CHECK TO BJO; FISHTAIL; STRUT 4 STEPS *;;

- SS 13 –CP Fwd L comm. LF trn into BJO -, Fwd R to BJO -;
- QQQQ 14 – XLIB of R trng 1/8 RF, small fwd & sd R but outsd ptr's R ft trn another 1/8 RF, fwd L w/L sd leading, lock RIB of L to Contra BJO DLW;
- SS 15 – Fwd L -, Fwd R CP LOD -;
- SS 16 – Fwd L -, Fwd R to *CP/DLC 1ST Time through -;
- *CP/DLW 2nd Time through

ENDING

1 PROM SWAY -, QK CHANGE SWAY ;

- SQQ 1 – SCP Sd & Fwd L to Prom Sway, -, -,Chg Sway;

QUICK CUES

INTRO

(FACING/DLW) WAIT;WAIT; APT PT ; TOG TO CP DLW, TCH;

PART A

QUARTER TURN & PROGRESSIVE CHASSE & FWD TO BJO;;;;

RUNNING FWD LOCKS;; FC,- SD,CL; WLK & PK-UP DLC;

VIENESSE TRNS (CP LOD);; WALK 2 & FWD, LK, FWD;;;,

MANUVER, SD, CL;;; SPIN TRN & CHECK BACK;;; WLK 2 DLC;

PART B

**REV CHASSE TURNS;; FWD, MANUVER & BK 2;;
DOUBLE PIVOT TO WALL;; 2 SD CL ; WLK & PICK UP DLC;
REV CHASSE TURNS;; FWD, MANUVER & BK 2;;
DOUBLE PIVOT TO WALL;; 2 SD CL ; SLOW SD DRAW;**

PART C

**PENDULUM;; STEP HOPS TWICE; WLK & PICKUP;
FWD & CHECK TO BJO; FISHTAIL; WLK & FACE; SD DRAW;
PENDULUM;; STEP HOPS TWICE; WLK & PICKUP;
FWD & CHECK TO BJO; FISHTAIL; STRUT 4 TO DLC;;**

PART B (9 - 16)

**REV CHASSE TURNS;; FWD, MANUVER & BK 2;;
DOUBLE PIVOT TO WALL;; 2 SD CL ; SLOW SD DRAW;**

PART C (9 - 16)

**PENDULUM;; STEP HOPS TWICE; WLK & PICKUP;
FWD & CHECK TO BJO; FISHTAIL; STRUT 4 TO DLW;;**

PART A

**QUARTER TURN & PROGRESSIVE CHASSE & FWD TO BJO;;;;
RUNNING FWD LOCKS;; FC,- SD,CL; WLK & PK-UP DLC;
VIENESSE TRNS (CP LOD);; WALK 2 & FWD, LK, FWD;;;,
MANUVER, SD, CL;;; SPIN TRN & CHECK BACK;;; WLK 2 DLC;**

PART B (1-8)

**REV CHASSE TURNS;; FWD, MANUVER & BK 2;;
DOUBLE PIVOT TO WALL;; 2 SD CL ; WLK & PICK UP DLW;**

PART A (1-7)

**QUARTER TURN & PROGRESSIVE CHASSE & FWD TO BJO;;;;
RUNNING FWD LOCKS;; FC,- SD,CL;**

ENDING

PROM SWAY -, QK CHANGE SWAY;