

# 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)

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

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 DRG;

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 MANUEVER, 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 & MANUEVER; 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 & MANUEVER; 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 1<sup>ST</sup> Time through -;  
                                                  \*CP/DLW 2<sup>nd</sup> 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;**