GET HAPPY

Choreographers: Warwick & Paula Armstrong.
18 Curlew Court, Tamborine, Queensland 4270, Australia
PH (07)5546 3493  Email: splash_in@bigpond.com

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(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 CPLW; , 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 VIENNES 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 timed 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, clsd 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, clsd 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, clsd 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, clsd 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 -;
DOUBLE PIVOT TO WALL;; 2 SD CL ; SLOW SIDE DRAW ;

13 – 16

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,-, twd 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 outsdr 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,-, twd 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 outsdr 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;
VIENNESSE 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;