

# 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 DRW;  
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 -;;



**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;**