

# JOY in My Life

Count: 80

Wand: 2

Ebene: Phrased Beginner

Choreograf/in: Linda Waite (USA) & Susan Stanko (USA) - March 2025

Musik: Joy - Andy Grammer



Intro: humming, begin on words ("me and fear, we had a thing in 1993")  
Sequence AA B (6:00) A B (12:00) Tag1 AA B1 B1 (6:00) Ending Tag2 (12:00)  
Phrase A = Verse Of The Song,  
Phrase B = Chorus Of The Song

if you would like to see the steps based on the lyrics, click here to view:  
<https://docs.google.com/spreadsheets/d/1tiBH79P1emvaYH84QQ2ANn-IE8OFYPBR/edit?usp=sharing&ouid=112369251936133238283&rtfpof=true&sd=true>

**Phrase A (32 counts) A1 A1 A2 A2**

**A1 (16 Counts)**

**[1-8] BACK MAMBO RIGHT, BACK MAMBO LEFT, SIDE MAMBO RIGHT, SIDE MAMBO LEFT**

1&2 Rock right to back, recover weight onto left, step right beside left  
3&4 Rock left to back, recover weight onto right, step left beside right  
5&6 Rock right to right, recover weight onto left, step right beside left  
7&8 Rock left to left, recover weight onto right, step left beside right

**[9-16] REPEAT**

**A2 (16 counts)**

**[1-8] LOCK STEP RIGHT & LEFT, WALK to the right (RLRL) 1/2 TURN**

1&2 Step forward right, lock left behind right, step forward right  
3&4 Step forward left, lock right behind left, step forward left  
5-8 Walk right, left, right, left (½ turn to the right)

**[9-16] REPEAT**

**Phrase B (48 counts) – B1 B1 B2 B2**

**Phrase B1(32 counts)**

**[1-8] WEAVE RIGHT, KICK LEFT, WEAVE LEFT, KICK RIGHT**

1-4 Step right, cross left over right, step right, kick left (to the left) [raise arms on the kick]  
5-8 Step left, cross right over left, step left, kick right (to the right) [raise arms on the kick]

**[9-16] ROLLING V STEP (1/4 TURN RIGHT), V STEP**

9-12 Step right forward to right diagonal, step left forward to left diagonal, ¼ turn right step right  
back to center, step left beside right  
13-16 Step right forward to right diagonal, step left forward to left diagonal, step right back to center,  
step left beside right

**[17-32] REPEAT**

**Phrase B2 (16 counts)**

**[1-4] SHUFFLE RIGHT, SHUFFLE LEFT (PUMP ARMS UP)**

1&2 Step forward on right, step left next to right, step forward right (pump arms up)  
3&4 Step forward on left, step right next to left, step forward left (pump arms up)

**[5-8] STEP BACK - RIGHT LEFT RIGHT LEFT**

5-8 Step back right, left, right, left (swing hips)

**[9-16] REPEAT**

**Tag 1 (2 Counts) after 2nd B**

1-2                    Sway right left right left

**Ending Tag 2 (5 Counts)**

1- 4                    Step right, step left, 1/2 turn to the right, step left (next to right)

5                        Make ASL sign for JOY (Both horizontal flat hands brush up chest twice in an oval motion)

**Last Update: 19 March 2025 - R2**

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