

# Happy And I Hate It

**COPPER** **KNOB**  
BY STEPHEN

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Brett Ruwe (USA) & Riley Nord (USA) - February 2023

**Music:** Happy and I Hate It - Mitchell Tenpenny



**Tags/Restarts: 2 Restarts**

**(1-8) Walk x3, Cross, Back Slide Right Touch, ¼ Turn L Back Slide Left Touch**

- 1,2 Step RF forward (1), Step LF forward (2)
- 3,4 Step RF forward (3), Cross LF in front of RF (4)
- 5,6 Slide diagonally back right (5), Touch LF next to RF (6)
- 7,8 Slide diagonally back left (7), ¼ Turn L stepping RF behind LF (8)

**(9-16) Body Roll x2, Hip Bumps, Step, ¼ Turn Touch**

- 1,2 Body roll from top to bottom for 2 counts (1,2)
- 3,4 Body roll from top to bottom for 2 counts (3,4)
- 5,6 Bump hips forward (5), Bump hips back (6)
- 7,8 Step RF forward (7), ¼ Turn L closing LF to RF (8)

**Restart here on the 4th and 7th walls**

**(17-24) V-Step, Back Knee pops x3, Close**

- 1,2 Step R heel to R diagonal (1), Step L heel to L diagonal (2)
- 3,4 Step RF back (3), Close LF next to RF (4)
- 5,6 Step RF back popping L knee (5), Step LF back popping R knee (6)
- 7,8 Step RF back popping L knee (7), Close LF next to RF (8)

**(25-32) Sailor Step, Sailor Together, Point R, Point L, Touch ¾ Unwind**

- 1&2 Cross RF behind LF (1), Step LF to L side (&), Step RF to R side (2)
- 3&4 Cross LF behind RF (3), Step RF to R side (&), Close LF next to RF (4)
- 5&6 Point RF to R side (5), Close RF next to LF (&), Point LF to L side (6)
- 7,8 Touch LF behind RF and unwind ¾ Turn L (7), Touch RF next to LF (8)

**Last Update - 2 Feb. 2023 - R1**