

JOY in My Life

Count: 80

Wall: 2

Level: Phrased Beginner

Choreographer: Linda Waite (USA) & Susan Stanko (USA) - July 2024

Music: 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 (6:00) B2 B2 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), ROLLING V STEP (1/4 TURN RIGHT)

- 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, ¼ turn right 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: 18 Jul 2024
