

Canada 150

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Betty Lee (CAN) - June 2017
音乐: Canadian, Please by Julia Bentley & Andrew Gunadie



Tempo of music reduced (-14)

Intro: 16 counts

Restart on wall 3 after 16 counts, facing 9:00

Section 1: R Diagonal Step Lock, Step Lock Step; L Diagonal Step Lock, Step Lock Step

1-2 Step R forward to R diagonal, Lock step L behind R
3&4 Step R forward, Lock step L behind R, Step forward R
5-6 Step L forward to L diagonal, Lock step R behind L
7&8 Step forward L, Lock step R behind L, Step forward L

Section 2: Jazz box ¼ R Cross, Vine Cross

1-4 Cross R over L, Recover onto L, ¼ turn R stepping R to R, Cross L over R
5-8 Step R to R, Cross step L behind R, Step R to R, Cross L over R

***Restart here during Wall 3

Section 3: Step, Hitch, Step, Hitch; Step, Touch, Step, Touch

1-4 Step R to R, Raise L knee to L diagonal, Step down on L, Raise R knee to R diagonal
5-8 Step down on R, Touch L to L bending R knee slightly, Step down on L, Touch R to R bending L knee slightly

Section 4: Forward Rock, Run back x3, back, back, Coaster Step

1-2 Rock step R forward, Recover to L
3&4 Run back R,L,R
5-6 Step back L, Step back R
7&8 Step back L, Step R beside L, Step forward L

Repeat

End of Wall 9, ¼ turn L stepping R to R side to face the front wall and point L behind to end the dance.

This is an easier version of "Happy Birthday, Canada 150" by Tina Chen & Betty Lee
Happy Birthday, Canada, "The true North strong and free!" We love YOU!