

My Happy Place

COPPERKNOB
BY SHEETS

拍数: 96
编舞者: Niels Poulsen (DK) - August 2022
音乐: If I'm Lucky - Jason Derulo

墙数: 4

级数: Phrased Advanced



Intro: 8 counts (app. 4 secs into track). Start with weight on R foot

***16 count tag: After your 4th B, facing 12:00. See tag description at bottom of sheet**

Sequence: A, B, B, A, B, B, TAG, TAG, B, B, B + Ending

A Part: Comes twice. Always starts facing 12:00 and always finishes facing 6:00

[1 – 8] Stomp L fwd, R kick fwd, back out RL, R knee pop, recover, L samba ¼ L, step R fwd

1, 2&3 Stomp L fwd (1), Kick R fwd (2), step R backwards and out R (&), step L out to L side (3) 12:00
4 – 5 Pop R knee in (4), return knee back to neutral stepping down on R (5) 12:00
6&7 Cross L over R (6), rock R to R side (&), turn ¼ L when recovering onto L (7) 9:00
8 Step R fwd (8) 9:00

[9 – 16] Press L fwd & side, behind side cross, R side rock ¼ L, fwd R, touch behind, unwind

1&2& Press L fwd (1), recover on R (&), press L to L side (2), recover on R (&) 9:00
3&4 Cross L behind R (3), step R to R side (&), cross L over R (4) 9:00
5 – 6 Rock R to R side (5), turn ¼ when recovering to L (6) 6:00
&7 – 8 Quickly step R fwd (&), touch L behind R (7), unwind full turn L onto L (8) 6:00

[17 – 24] Side R, behind hitch, behind side cross, L side rock, L sailor ¼ L

1 – 2 Step R to R side (1), cross L behind R hitching R knee (2) ... Styling: brush R shoulder with L hand on count 2 6:00
3&4 Cross R behind L (3), step L to L side (&), cross R over L snapping R fingers to R side (4) 6:00
5 – 6 Rock L to L side (5), recover on R (6) 6:00
7&8 Cross L behind R (7), turn ¼ L stepping R next to L (&), step L diagonally fwd L (8) 3:00

[25 – 32] R&L samba steps, jazz box ½ R, HOLD

1&2 Cross R over L (1), rock L to L side (&), recover on R (2) 3:00
3&4 Cross L over R (3), rock R to R side (&), recover on L (4) 3:00
5 – 7 Cross R over L (5), turn ¼ R stepping back on L (6), turn ¼ R stepping R to R side (7) 9:00
8 HOLD (8) 9:00

[33 – 40] Together, point R&L&, bounce R heel R, together, point L&R&, bounce L heel L

&1&2& Step L next to R (&), point R to R side (1), step R slightly fwd (&), point L to L side (2), step L slightly fwd (&) ...

Note: travelling forward 9:00

3&4 Bounce R heel down to R side bending both knees (3), straighten knees almost (&), bounce R heel down to R side (4) ... weight on L 9:00
&5&6& Step R slightly fwd (&), point L to L side (1), step L slightly fwd (&), point R to R side (2), step R slightly fwd (&) ... Note: travelling forward 9:00
7&8 Bounce L heel down to L side bending both knees (7), straighten knees almost (&), bounce L heel down to L side (8) ... weight on R - 9:00

Styling: 1) During all 8 counts bend in knees (stay low...), 2) during heel bounces try to lean body to the opposite side of the bouncing heel

[41 – 48] Samba ¼ L, R shuffle fwd, rock L fwd, ball point back, body roll, down on R

1&2 Cross L over R (1), rock R to R side (&), recover on L turning ¼ L (2) 6:00

- 3&4 Step R fwd (3), step L behind R (&), step R fwd (4) 6:00
- 5 – 6 Rock L fwd (5), recover back on R (6) 6:00
- &7 – 8 Step back on L (&), point R back starting a body roll from head and down (7), finish body roll ending with weight on R (8) ... Note: body roll hits lyrics: 'all the way down' - 6:00

[49 – 56] L coaster step, R kick ball heel, ball step ½ L, ¼ L chasse to R side

- 1&2 Step back on L (1), step R next to L (&), step fwd on L (2) 6:00
- 3&4& Kick R fwd (3), step R next to L (&), touch L heel fwd (4), step L towards R (&) 6:00
- 5 – 6 Step R fwd (5), turn ½ L stepping L fwd (6) 6:00
- 7&8 Turn ¼ L stepping R to R side (7), step L next to R (&), step R to R side (8) 9:00

[57 – 64] L&R pony steps back, ¼ L big side step, slide, ball L side rock

- 1&2 Step L back popping R knee fwd (1), recover on R (&), step L back popping R knee fwd (2) 9:00
- 3&4 Step R back popping L knee fwd (3), recover on L (&), step R back popping L knee fwd (4) 9:00
- 5 – 6 Turn ¼ L stepping L a big step to L side (5), slide R towards L (6) 6:00
- &7 – 8 Step R next to L (&), rock L to L side (7), recover on R (8) 6:00

B Part: Always comes twice in a row, apart from the very last time when you do B three times in a row

[1 – 8] L samba step, cross side touch behind, side R, behind ¼ R, step ½ R

- 1&2 Cross L over R (1), rock R to R side (&), recover on L (2) 6:00
- 3&4 Cross R over L (3), step L to L side (&), touch R behind L looking to L side (4) 6:00
- 5 – 6& Step R to R side (5), cross L behind R (6), turn ¼ R stepping R fwd (6) 9:00
- 7 – 8 Step L fwd (7), turn ½ R onto R (8) 3:00

[9 – 16] Fwd L, R mambo step, back L with R sweep, R sailor ¼ R, step ¼ R

- 1 Step L fwd (1) 3:00
- 2&3 – 4 Rock R fwd (2), recover on L (&), step R back (3), step L back sweeping R out to R side (4) 3:00
- 5&6 Cross R behind L starting to turn ¼ R (5), finish turn stepping L next to R (&), step R fwd (6) 6:00
- 7 – 8 Step L fwd (7), turn ¼ R stepping onto R (8) 9:00

[17 – 24] Cross over, R side rock, cross, step slide L, ball cross, R side rock

- 1 – 2& Cross L over R (1), rock R to R side (2) recover on L (&) 9:00
- 3 – 5 Cross R over L (3), step L a big step to L side (4), slide R towards L (5) 9:00
- &6 Step R next to L (&), cross L over R (6) 9:00
- 7 – 8 Rock R to R side (7), recover on L (8) 9:00

[25 – 32] Cross back back X 3, cross L over R, R diagonal step

- 1 – 2& Cross R over L (1), step L back and out to L side (2), step R back and out to R side (&) 9:00
- 3 – 4& Cross L over R (1), step R back and out to R side (2), step L back and out to L side (&) 9:00
- 5 – 6& Cross R over L (1), step L back and out to L side (2), step R back and out to R side (&) 9:00
- 7 – 8 Cross L over R (7), step R fwd to R diagonal (8) 9:00

Tag: After your 4th B part, facing 12:00. Do the tag TWICE, in a row. Then start B again, facing 6:00

[1 – 8] Rock LRL fwd with R sweep, weave with L hitch 12:00

- 1 – 4 Rock L fwd (1), recover back on R (2), step L fwd starting to sweep R fwd (3), finish sweep (4) ... (Timing: quick, quick, sloooow) 12:00
- 5 – 8 Cross R over L (5), step L to L side (6), cross R behind L starting to hitch L in a figure 4 position (7), continue to hitch L knee (8) ... (Timing: quick, quick, sloooow) 12:00

[9 – 16] Behind ¼ R fwd, rock fwd, Hold, recover, ½ L, full spiral L over 2 counts

- 1 – 4 Cross L behind R (1), turn ¼ R stepping R fwd (2), rock L fwd (3), HOLD (4) ... (Timing: quick, quick, sloooow) 3:00

5 – 8 Recover back on R (5), turn $\frac{1}{2}$ L stepping L fwd (6), step R fwd starting a full spiral turn L (7), finish full spiral turn (8) ... (Timing: quick, quick, sloooow) 9:00

Ending: The ending happens when facing 3:00 when doing the last 8 counts of your last B.

Ending When doing the last 8 counts of the dance turn $\frac{1}{4}$ L when doing the 2nd 'cross back back' to end facing 12:00
