JOY in My Life



拍数: 80 墙数: 2 级数: Phrased Beginner

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音乐: 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&rtpof=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

Rock right to back, recover weight onto left, step right beside left Rock left to back, recover weight onto right, step left beside right Rock right to right, recover weight onto left, step right beside left 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

Step forward right, lock left behind right, step forward right
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

Step right, cross left over right, step right, kick left (to the left) [raise arms on the kick]
 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)

Step forward on right, step left next to right, step forward right (pump arms up)

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