

# JOY in My Life

COPPER KNOB  
BY SPREADSHEETS

拍數: 80      牆數: 2      級數: Phrased Beginner  
編舞者: Linda Waite (USA) & Susan Stanko (USA) - March 2025  
音樂: 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&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), 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)

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: 19 March 2025 - R2**

---