

Happy and I Hate It

Count: 32

Wall: 4

Level: Improver

Choreographer: Dustin Valcalda (USA) - November 2022

Music: Happy and I Hate It - Mitchell Tenpenny



Dance starts on lyrics at approximately 10 seconds or 16 counts

Weight Starts Left Foot

[1-8] Point RF, Hold, Close, Point LF, Hold, Close, Touch R Heel Fwd, Hold, Ball Walk L R

- 1-2 Point RF to R side, Hold (12:00)
- &3-4 Close RF next to LF, Point LF to L side, Hold (12:00)
- &5-6 Close LF next to RF, Touch RF heel forward, Hold (12:00)
- &7-8 Ball RF next to LF, Step LF forward, Step RF forward (12:00)

[9-16] L Lock Step, Toe Press, Ball, Toe Press, Ball, Pivot ¾ L

- 1&2 Step LF forward, Lock RF behind LF, Step LF forward (12:00)
- 3-4& Press RF toe forward, Recover LF, Ball RF next to LF (12:00)
- 5-6& Ball RF next to LF, Press LF toe forward, Ball LF next to RF (12:00)
- 7-8 Step RF forward, Pivot ¾ over L shoulder (3:00)

RESTART NOTE: Both Restarts happen after count 8 (¾ Pivot) on Wall 3 (Facing 9:00) & Wall 7 (Facing 3:00)

[17-24] Stomp RF to R, Behind, Side, Cross, Scissor Cross, L Side ¼ R, Side Toe Strut ¼ R

- 1-2& Stomp RF to R, Step LF behind RF, Step RF to R (3:00)
- 3-4& Cross LF over RF, Step RF to R, Close LF next to RF (3:00)
- 5-6 Cross RF over LF, Step LF to L side w/ ¼ turn over R shoulder (6:00)
- 7-8 Touch R toe to R side w/ ¼ turn over R shoulder, Step RF to R (10:30)

[25-32] Cross, Point RF, Cross, Side, Behind, Point LF, Behind, Side, Cross

- 1-2 Cross LF over RF, Point RF toe to R side (9:00)
- 3-4 Cross RF over LF, Step LF to L (9:00)
- 5-6 Cross RF behind LF, Point LF toe to L side (9:00)
- 7&8 Step LF behind RF, Step RF to R, Cross LF over RF (9:00)

This song has a lot of fun lyrics to play with, for example, running your hands down your body during the lyrics "Actin' like I never seen her naked, naked" while toe pressing. Have fun with it and style it your way!

Last Update: 4 Feb 2023