

# JOY in My Life

**COPPER** KNOB  
STEPSHEETS

Count: 80

Wall: 2

Level: Phrased Beginner

Choreographer: Linda Waite (USA) & Susan Stanko (USA) - March 2025

Music: Joy - Andy Grammer



Intro: humming, begin on words ("me and fear, we had a thing in 1993")

Sequence AA B C (6:00) A B C (12:00) Tag1 AA B (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

- |     |   |
|-----|---|
| 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 8 counts above

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 8 counts above

Phrase B (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 16 counts above

Phrase C (32 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) |
|-----|---|

[9-32] REPEAT 8 counts above 3 more times

**Tag 1 (2 Counts)**

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: 24 Apr 2025**

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