

# Canada 150

**Compte:** 32

**Mur:** 4

**Niveau:** Absolute Beginner



**Chorégraphe:** Betty Lee (CAN) - June 2017

**Musique:** Canadian, Please by Julia Bentley & Andrew Gunadie

**Intro:** 16 counts

**Restart on wall 3 after 16 counts, facing 9:00**

## **Section 1: R Diagonal Step Lock, Step Lock Step; L Diagonal Step Lock, Step Lock Step**

- 1-2 Step R forward to R diagonal, Lock step L behind R
- 3&4 Step R forward, Lock step L behind R, Step forward R
- 5-6 Step L forward to L diagonal, Lock step R behind L
- 7&8 Step forward L, Lock step R behind L, Step forward L

## **Section 2: Jazz box ¼ R Cross, Vine Cross**

- 1-4 Cross R over L, Recover onto L, ¼ turn R stepping R to R, Cross L over R
- 5-8 Step R to R, Cross step L behind R, Step R to R, Cross L over R

**\*\*\*Restart here during Wall 3**

## **Section 3: Step, Hitch ( Elbows Up ), Step, Hitch; Step, Touch, Step, Touch**

- 1-4 Step R to R, Raise L knee to L diagonal, Step down on L, Raise R knee to R diagonal ( Elbows Up when hitching up knees )
- 5-8 Step down on R, Touch L to L bending R knee slightly, Step down on L, Touch R to R bending L knee slightly

## **Section 4: Forward Rock, Run back x3, back, back, Coaster Step**

- 1-2 Rock step R forward, Recover to L
- 3&4 Run back R,L,R
- 5-6 Step back L, Step back R
- 7&8 Step back L, Step R beside L, Step forward L

**Repeat**

**End of Wall 9, ¼ turn L stepping R to R side to face the front wall to end the dance.**

**This is an easier version of "Happy Birthday, Canada 150" by Tina Chen & Betty Lee  
Happy Birthday, Canada, "The true North strong and free!" We love YOU!**

**Last Update:** 18 Jun 2025