

# Canada 150

**COPPERKNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Absolute Beginner  
編舞者: Betty Lee (CAN) - June 2017  
音樂: 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