

# Happy and I Hate It

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Dustin Valcalda (USA) - November 2022  
音樂: 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