

Happy Friends

Dance taught by Paul and Sharon Hergert for the Country Club Dancers 03-19-2018

Choreographed by: Michael Schmidt, February 2017, hallokoala@gmail.com

Description: 32 count low intermediate circle partner dance

Music: Gotta Lot of Rhythm in My Soul by Niamh Lynn, 109 bpm,

Album: An Old Fashioned Song, November 2016

Starting Position: Sweetheart, same footwork except where noted

Intro: 16 counts

1 – 8 Heel, Heel, Shuffle R, Heel, Heel, Shuffle L

- 1-2 Dig Right Heel forward twice
- 3&4 Step Right forward, Step Left together, Step Right forward
- 5-6 Dig Left Heel forward twice
- 7&8 Step Left forward, Step Right together, Step Left forward

9 – 16 Man: Side, Behind, ¼ Turn L coaster step, Cross rock, Chassé side Lady: Cross, ¼ Turn R back, Coaster step, Cross rock, Chassé side

- 1-2 Man: Step Right side, Cross Left behind Right
- 1-2 Lady: Cross Right over Left, 1/4 Turn right stepping Left back (OLOD)
- 3&4 Man: ½ Turn Left stepping Right back, Step Left together, Step Right forward (ILOD)
- 3&4 Lady: Step Right back, Step Left together, Step Right forward
- 5-6 Cross Left over Right, Recover onto Right
- 7&8 Step Left side, Step Right together, Step Left side

Keep Hands, raise left arms over ladies head, change hands into double hand hold on count 3, On count 5 (cross) towards each other ending left shoulder on left shoulder arms splayed, Release hands on count 7, gents right takes her right hand

17 – 24 Cross rock (& Clap), Chassé side ¼ Turn R (towards each other into Offset Closed Western Pos.), (Start Turn) Full turn (Lady: 1½ turn) Clockwise Forward with 6 counts

1-2 Cross Right over Left, Recover onto Left

Style: Clap with your neighbor on count 1 (the gentleman claps with his left hand against the left of the lady of the next couple, the lady claps with the gentleman of the couple dancing in front), or Alternative: The gent can tap on the brim of his hat and greet the following lady

3&4 Step Right side, Step Left together, ¼ Turn right stepping Right forward (M: LOD / L: RLOD) Chassé turn towards each other into Offset Closed Western Pos. (right shoulder on right shoulder) and start a full turn (Lady: 1½ turn) clockwise forward with the next 2 shuffles followed by 2 further Steps

5&6 Start Turn (Shuffle): Step Left forward, Step Right together, Step Left forward

7&8 Continue Turn (Shuffle): Step Right forward, Step Left together, Step Right forward

(over)

25 - 32	Man: Walk, Walk (Finish Turn), Shuffle L, Shuffle R, Shuffle L
	Lady: 1/4 Turn R (2x) (Finish Turn), Shuffle L, Shuffle R 1/2 Turn L, Shuffle L 1/2 Turn I
1-2	Man: Finish full turn (2 Steps): Step Left forward, Step Right forward (LOD)
1-2	Lady: Finish 1½ turn (2 Steps): ¼ Turn right stepping Left back,
	1/4 Turn right stepping Right forward (LOD)
3&4	Step Left forward, Step Right together, Step Left forward
5&6	Man: Step Right forward, Step Left together, Step Right forward
5&6	Lady: 1/4 Turn left stepping Right side, Step Left together,
	1/4 Turn left stepping right back (ROLD)
7&8	Man: Step Left forward, Step Right together, Step Left forward
7&8	Lady: 1/4 Turn left stepping Left side, Step Right together,
	1/4 Turn left stepping Left forward (LOD)
Release	e front hands (his left & her right) and change into Sweetheart Pos. on count 3,
Release	e left hands on count 5 and raise right arms over lady's head,
Return i	into Sweetheart Pos. on count 8

Hold your girl, smile and have fun