

# Choose Joy

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Rachael McEnaney-White (UK/USA) October 2019

**Music:** Joy - For King & Country (3.54 mins). Album: Burn The Ships - iTunes. Spotify.

**Count In: 16 counts from the start of the track, dance begins on vocals.**

**Notes: Special thanks to my friend John Holloway for suggesting this music.**

**[1 - 8] R back, L touch, L fwd, 1/2 turn L back R, L back, R touch, R fwd, 1/2 turn L back**

**1 2 3 4** Step R back [1]. Touch L next to R [2]. Step L forward [3]. Make 1/2 turn left stepping R back [4] 6.00

**5 6 7 8** Step L back [5]. Touch R next to L [6]. Step R forward [7]. Make 1/2 turn right stepping L back[8] 12.00

**[9 - 16] 1/4 turn R side, hold, L close, R side, 1/8 turn R hitching L, slow L coaster step, 1/8 turn L sweeping R**

**1 2 & 3** Make 1/4 turn right stepping R to right side [1]. Hold [2]. Step L next to R [&]. Step R to right side [3] 3.00

**4 5 6** Make 1/8 turn right as you hitch L knee (option: raise up on ball of R) [4]. Step L back [5]. Step R next to L [6] 4.30

**7 8** Step L forward [7]. Make 1/8 turn left as you sweep R (weight remains L) [8] 3.00

**[17 - 24] R cross, L side, R behind, L side, R cross, L point, hold, L close, R point, 1/4 turn R closing R**

**1 2 3 & 4** Cross R over L [1]. Step L to left side [2]. Cross L behind R [3]. Step L to left side [&]. Cross R over L [4] 3.00

**5 6 & 7 8** Point L to left side [5]. Hold [6]. Step L next to R [&]. Point R to right side [7]. Make 1/4 turn right stepping R next to L [8] 6.00

**[25 - 32] L point, hold, L close, R point, R jazz box, L cross, 1/4 turn L back R**

- 1 2 & 3 4** Point L to left side [1]. Hold [2]. Step L next to R [&]. Point R to right side [3]. Cross R over L [4] 6.00
- 5 6 7 8** Step L back [5]. Step R to right side [6]. Cross L over R [7]. Make 1/4 turn left stepping R back [8] 3.00

**[33 - 40] 1/4 turn L side, hold, R samba step (bota-fogo), L cross, R side, L behind, R side, L heel**

- 1 2** Make 1/4 turn left stepping L to left side [1]. Hold [2] (Styling option: Bend both knees dipping body down on count 1 raising up 2) 12.00
- 3 & 4** Cross R over L [3]. Rock ball of L to left side [&]. Recover weight R [4] 12.00
- 5 6 7 & 8** Cross L over R [5]. Step R to right side [6]. Cross L behind R [7]. Step R to right side [&]. Touch L heel to left diagonal [8] 12.00

**[41 - 48] Making a full turn L in semi circle shape: L ball, R cross. Hold. L ball, R cross shuffle, L cross, hold, R ball, L cross shuffle**

- & 1 2 & 3** Step in place on L ball [&]. Cross R over L [1]. Hold [2]. Make 1/8 turn left stepping L to left [&]. Cross R over L [3] 10.30
- & 4 5 6** Make 1/8 turn left stepping L to left [&]. Cross R over L [4]. Make 1/2 turn left crossing L over R [5]. Hold [6] 3.00
- & 7 & 8** Make 1/8 turn left stepping R to right [&] Cross L over R [7]. Make 1/8 turn left stepping R to right [&] Cross L over R [7] 12.00

**Styling: Use the above directions as a 'guideline' - try to think of counts 1-8 as making a big semi circle on the floor**

**[49 - 56] R side rock, R behind, L side, R cross, L side rock, 1/2 turn L sailor step**

- 1 2 3 & 4** Rock R to right side [1]. Recover weight L [2]. Cross R behind L [3]. Step L to left side [&]. Cross R over L [4] 12.00
- 5 6** Rock L to left side [5]. Recover weight R [6]. 12.00

**7 & 8** Cross L behind R [7]. Make 1/4 turn left stepping R next to L [&]. Make 1/4 turn left stepping forward L [8] 6.00

**[57 - 64] R samba step (bota fogo), L samba step (bota fogo), R rock fwd & across L, Recover sweeping R, R back sweep L, L back**

**1 & 2** Step R slightly forward & across L [1]. Rock L ball to left side [&]. Recover weight R [2] 6.00

**3 & 4** Step L slightly forward & across R [3]. Rock R ball to right side [&]. Recover weight L [4] 6.00

**5 6 7 8** Rock R forward slightly across L [5]. Recover weight L sweeping R [6]. Step R back sweeping L [7]. Step L back [8] 6.00

**START AGAIN - HAVE FUN**

**[www.rachael.dance](http://www.rachael.dance) - [dancewithrachael@gmail.com](mailto:dancewithrachael@gmail.com)**

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