

# How Glad I Am

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**Count:** 68

**Wall:** 1

**Level:** Phrased Intermediate

**Choreographer:** William Sevone (Nov. 2013)

**Music:** "How glad I am " - Nancy Wilson (many compilations - 70 bpm)

**Dance Sequence:- A - A - B - A - TAG - A (25-36) - A (25-36).**

**Choreographers note:- Remember to use the down beat to time the dance - not the rhythm**

**Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.**

**Dance starts on the main vocals.**

## **PART A**

### **2x Side Step-Drag-Tap (12:00)**

- 1** Large step right to right side.
- 2 - 4** Drag left next to right over 2 counts. Tap left next to right
- 5** Large step left to left side.
- 6 - 8** Drag right next to left over 2 counts. Tap right next to left

### **2x Sway. Recover. 3/4 Sweep. 1/4 Sweep. Side Cross (12:00)**

- 9 - 11** Sway right to right side. Sway onto left. Recover weight onto right.
- 12 - 13** Sweep left foot turning  $\frac{3}{4}$  right & step left to left side (9)

### **14continue sweep - Turn $\frac{1}{4}$ right & sweep right behind left (12).**

- 15 - 16** Step left to left side. Cross right over left.

### **Side. 3/4 Sweep. 1/4 Sweep. Sway. Sway. 2x Sway Diagonal. Sway (12:00)**

- 17 - 19** Step left to left side. Sweep right foot turning  $\frac{3}{4}$  left & step right to right side (3)

### **20continue sweep - Turn $\frac{1}{4}$ left & sweep left behind right (12).**

- 21 - 22** Sway right to right side. Sway onto left diagonally forward left.
- 23 - 24** Sway onto right diagonally forward right. Sway left to left side.

### **Recover. Forward. Rock. Recover. 2x Diagonal Back-Touch (12:00).**

25 - 26 Recover weight onto right. Step forward onto left.

27 - 28 Rock forward onto right. Recover onto left.

**29 - 30sweeping right foot - Cross right diagonally left behind left. Touch left to left side**

31 - 32 Cross left diagonally right behind right. Touch right to right side.

### **2x Diagonal Fwd-Touch (12:00)**

33 - 34 Cross right diagonally forward left. Touch left to left side.

35 - 36 Cross left diagonally forward right. Touch right next to left.

### **PART B**

#### **2x Diag-Lock-Step-Lockstep (10:30)**

1 - 2 Step right diagonally right (1.30). Lock left behind right

3& 4 Step right diagonal forward right, lock left behind right, step right diagonal forward right (1.30)

5 - 6 Step left diagonally forward left (10.30). Lock right behind left.

7& 8 Step left diagonally forward left, lock right behind left, step left diagonally forward left (10.30)

#### **2x Sway. 1/2 Sway. Sway. ¼ Sway. 3/4 Forward. Step-Lockstep (6)**

**9 - 10straighten up to face 12 - Sway right to right side. Sway onto left.**

11 - 12 Turn ½ right & sway right to right side (6). Sway onto left.

13 - 14 Turn ¼ left & step right to right side (3). Turn ¾ left & step forward onto left (6).

15& 16 Step forward onto right, lock left behind right, step forward onto right.

#### **'HOW GLAD I AM' Part 1 of 2**

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#### **2x Diagonal Fwd Sway. Behind. Unwind 1/2 Side. 1/4 Chasse. 1/4 Back. Back (6)**

17 - 18 Sway diagonally forward left onto left foot. Sway diagonally forward right onto right foot.

19 - 20 Cross left behind right. Unwind ½ left & step left to left side (12).

21& 22 Turn ¼ left & step right to right side (9), step left next to right, step right to right side.

**23 - 24** Turn  $\frac{1}{4}$  left & step backward onto left (6). Step backward onto right.

**Diagonal Back Touch. 3x Forward. Diagonal Back Touch. Fwd.  $\frac{1}{2}$  Back. Touch Together (12:00)**

**25 - 26** turning upper body left - Touch left toe diagonally back left. Step forward onto left

**27 - 28** Step forward onto Right. Step forward onto left.

**29 - 30** turning upper body right - Touch right toe diagonally back right. Step forward onto right

**31 - 32** Turn  $\frac{1}{2}$  left & step backward onto left (12). Touch right next to left.

**TAG: After 3rd PART A (see sequence in main heading)**

**1 - 2** Rock forward onto right. Recover onto left.

**3 - 4** Rock backward onto right. Recover onto left.

**AFTER TAG: Repeat Counts 25 to 36 of PART A TWICE to finish the dance.**