

# Canada 150

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** Absolute Beginner

**Choreographer:** Betty Lee (Canada), June 2017

**Music:** Canadian, Please by Julia Bentley & Andrew Gunadie

**Tempo of music reduced (-14)**

**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  $\frac{1}{4}$  R Cross, Vine Cross**

- 1-4      Cross R over L, Recover onto L,  $\frac{1}{4}$  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, 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
- 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 and point L behind 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!**

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=118946](https://www.linedance.com/index.php?f=dance_view&id=118946)