Happy And I Hate It

Count: 32 **Wall:** 4 **Level:** Improver
Choreographer: Brett Ruwe (USA) & Riley Nord (USA) - February 2023
Music: Happy and I Hate It - Mitchell Tenpenny

Tags/Restarts: 2 Restarts

(1-8) Walk x3, Cross, Back Slide Right Touch, ¼ Turn L Back Slide Left Touch

1,2	Step RF forward (1), Step LF forward (2)
3,4	Step RF forward (3), Cross LF in front of RF (4)
5,6	Slide diagonally back right (5), Touch LF next to RF (6)
7,8	Slide diagonally back left (7), ¼ Turn L stepping RF behind LF (8)

(9-16) Body Roll x2, Hip Bumps, Step, ¼ Turn Touch

1,2	Body roll from top to bottom for 2 counts (1,2)
3,4	Body roll from top to bottom for 2 counts (3,4)
5,6	Bump hips forward (5), Bump hips back (6)
7,8	Step RF forward (7), ¼ Turn L closing LF to RF (8)

Restart here on the 4th and 7th walls

(17-24) V-Step, Back Knee pops x3, Close

1,2	Step R heel to R diagonal (1), Step L heel to L diagonal (2)
3,4	Step RF back (3), Close LF next to RF (4)
5,6	Step RF back popping L knee (5), Step LF back popping R knee (6)
7,8	Step RF back popping L knee (7), Close LF next to RF (8)

(25-32) Sailor Step, Sailor Together, Point R, Point L, Touch ¾ Unwind

1&2	Cross RF behind LF (1), Step LF to L side (&), Step RF to R side (2)
3&4	Cross LF behind RF (3), Step RF to R side (&), Close LF next to RF (4)
5&6	Point RF to R side (5), Close RF next to LF (&), Point LF to L side (6)
7,8	Touch LF behind RF and unwind ¾ Turn L (7), Touch RF next to LF (8)

Last Update - 2 Feb. 2023 - R1