



**I CAN BE HAPPY**

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Record: Same as It All Depends on You - Available from Palomino (For Educational Use Only) **PHASE V** + Foxtrot

Sequence : **INTRO – A – B – C – B MOD - END** **SPEED – Slow for Comfort (42/43)**

Footwork: Opposite, Unless noted (W's footwork & timing in parentheses)

Timing: Standard FT SQQ unless noted (Rel. 5/9) **CORRECTED 6/29/99**

**INTRO**

**Meas:**

**1-4 WRAP POS FC LOD LEAD FEET FREE WAIT 2 MEAS;;UNWRAP TO LUNGE; REC W TRN TO CP/DLC**

1-2 Wrap pos LOD M's L W's R ft free wt 2 meas;;

3-4 **[unwrap]** Rel jnd M's L W's R hds sd L into lunge line & lead W to unwrap R face, - , - , (W unwrap RF R, L, R into sd lunge ln) - ; **[w trn]** Rec R lead W to trn LF into CP/DLC, - , - , (W trn LF 1 1/2 turns L, R, L, ) - CP/DLC;

**PART A**

**1-4 REVERSE TURN;; THREE STEP; CURVE FEATHER;**

1-2 **[rev trn]** Fwd L comm LF body trn,-, sd R cont trn (W cl L to R heel trn), bk L twd LOD end CP M fc RLOD; bk R cont LF trn,-, sd & fwd L, fwd R to BJO/DLW;

3-4 **[3 step]** Fwd L blend CP,-, fwd R, fwd L; **[curv fea]** Fwd R trn RF,-, fwd & sd L trn RF, sm step fwd R (W bk L,-, trn RF bk & sd R, bk L)BJO/DRW;

**5-8 OUTSD SWIVEL TWICE; HEEL PULL SCAR; HVR X END; DBL REV;**

ss 5-6 **[outsd swvl twice]**BJO/DRW bk L, - , fwd R, -, (W fwd R swivel 1/2 RF, - , fwd L swivel 1/2 LF, -) end BJO/DRW;

ss **[heel pull]** Comm RF trn bk L, - , cont trn on L pull R heel cl R to L,- SCAR/DLC;

qqqq 7-8 **[hvr x end]** Ck fwd L, rec R, sd & fwd L slight LF body trn , fwd R outsd ptr (W bk R, rec L, sd & bk R, bk L)

ss BJO/DLC; **[dbl rev]** Fwd L comm LF upper body trn, - , cont trn spin LF on R, tch L to R (W bk R, - , comm L heel trn on R cl L to R/fwd R, cont LF trn XLIF of R) CP/DLW;

**9-12 HVR TELE; OVERTRN NAT'L HVR FALL; BK W SWIVEL DEVELOP; ROLLING LINK;**

9-10 **[hvr tele]** Fwd L, -, sd & fwd R hvr action with slight RF body trn, fwd L (W bk R, -, sd & bk L trn 1/8 RF, fwd R) SCP/DLW; **[nat hvr fallaway ot]** Fwd R comm RF trn, -, fwd L across line cont trn, bk R (W fwd L, -, fwd R between ptrs feet, trn RF bk L) SCP/DRC;

ss(ssqq) 11-12 **[swvl dev]** Bk L trn RF, pt R sd, -, - (W bk R swivel LF, -, -, bring L up beside R leg, extend L) BJO/DLC **[roll link]** Fwd R outsd ptr comm RF trn, -, rise cont RF trn, sd & fwd L (W bk L, -, rise trn RF, sd & fwd R)SCP;

**13-16 THRU CHASSE SCP; PROM WEAVE;; CHG OF DIRECTION;**

sq&q 13-14 **[chasse scp]** Thru R,-, sd L/cl R, sd & fwd L (W thru L, -, sd R/cl L, sd & fwd R) SCP/DLC;

**[prom weave]** Comm LF upper body trn fwd R,-, cont trn fwd & sd L, sd & bk R (W fwd L, -, comm LF trn fwd R, sd & fwd L outsd ptr;) BJO/DLC;

qqqq 15-16 **[fin weave]** Bk L, bk R comm LF trn, sd & fwd L cont LF trn, fwd R (W fwd R, fwd L comm LF trn, sd & bk R, bk L) BJO/DLW; **[chg dir]** Fwd L, -, fwd R, trn LF draw L to R DLC;

**1-4 TRN TO RT CHASSE; BK & BK/LK BK; WEAVE END; FWD TO OK CURVE FEATHER BJO/DRW;**

sq&q 1-2 **[rt chasse]** CP/DLC Fwd L comm LF trn, - , sd R/cl L, sd R BJO/DRC; **[bk lk]** Bk L, - , bk R/XLIF of R, bk R;

qqqq 3-4 **[weave end]** Bk L, bk R turn LF to CP, sd & fwd L, fwd R (W fwd R, fwd L turn LF, sd & bk R, bk L); **[qk curv fea]** Fwd L, - , fwd R comm RF trn/cont RF trn fwd L, fwd R BJO/DRW;

**5-8 BK FEA; FEA FIN; FWD PT & X PT SCAR; X PT BJO & CHK;**

5-6 **[bk fea]** Bk L, - , bk R, bk L; **[fea fin]** Bk R blend CP,-, comm Lf trn sd & fwd L, fwd R BJO/DLW;

qqqq 7-8 **[fwd pt & x pt]** BJO/DLW Fwd L, swvl LF fc DLC pt R sd, XRIF of L, swvl RF pt L sd SCAR/DLW;

qqq **[x pt & chk]** SCAR/DLWL XLIF of R, swvl LF fc DLC pt R sd, ck fwd R BJO/DLC, - ;

**9-12 FISH FEATHER; REV WAVE;; BK FEATHER;**

qqqq 9-10 **[fish fea]** BJO/DLC XLIB (W XRIF) of R, sd & fwd R, fwd L, fwd R BJO/DLC; **[rev wave]** Fwd L,-, comm LF trd sd & bk R, bk L;

11-12 **[fin rev wave]** Curve LF bk R, - , bk L, bk R CP/RLOD; **[bk fea]** Bk L,-, bk R, bk L BJO/RLOD;

**13-16 BK PT & X PT; X PT & CHK; FISH FEATHER; FEATHER FINISH;**

qqqq 13-14 **[bk x pts]** Bk R, swvl LF fc BJO/DRW pt L sd, XLIB of R swvl RF fc SCAR/DRC, pt R sd;

qqq **[x pt chk]** XRIB of L, swvl LF fc BJO/DRW pt L sd chk bk L, - ;

15-16 **[fish fea]** XRIF of L, sd & bk L, bk R, bk L; **[fea fin]** Bk R blend CP,-, comm LF trn sd & fwd L, fwd R BJO/DLW;

PART C**1-4 HVR TELE; CHASSE SCP; OP NAT'L TRN; OP IMP;**

- 1-2 [hvr tele] Blend to CP fwd L,- fwd R comm Slight RF upper body trn, sd & fwd L outsd ptr (W bk R,-, comm RF upper body trn sd & bk L, cont trn sd & fwd R) SCP/DLW; [chasse scp] Fwd R slight RF trn, -, sd L/cl R, sd L;
- 3-4 [op nat] Comm RF trn fwd R,-, sd L, bk R BJO/DRW; [op imp] BJO/DRW comm RF body trn bk L,-, cl R to L heel trn ,fwd L (W comm RF trn fwd R, -, sd & fwd L arnd M cont RF trn brush R to L, fwd R);

**5-8 PROM WEAVE;; CURV 3; FEATHER FINISH;**

- 3-4 [prom weave] Fwd R, -,fwd L trng LF, sd & bk R; bk L outsd ptr, bk R trng LF to CP, cont trn sd & fwd L, fwd R outsd ptr end in BJO/DLW;
- 7-8 [curv 3] Comm Lf upper body trn fwd L,-, curve LF fwd R, cont curve LF fwd L on toes; [fea fin]Bk R,-,blend CP, - comm LF trn sd & fwd L, fwd R BJO/DLW

**9-12 ZIG ZAG HEEL PULL SCAR\* ;; X HVR BJO; X HVR SCAR;**

- 9-10 [zig zag heel pull] Comm LF upper body trn fwd L, cont LF trn sd & bk R to BJO/DCR, Comm RF trn bk L, -,cont trn on L pull R heel cl R to L; Comm LF upper body trn fwd L, cont LF trn sd & bk R to BJO/DCR, Comm RF trn bk L, -,cont trn on L pull R heel cl R to L SCAR;
- 11-12 [x hvr twice] XLIF (W XRIB) of R, -, comm LF trn sd R with hover action, fwd L BJO/DLC; XRIF (W XIB) of L, -, comm RF trn sd L with hover action, cont trn fwd R SCAR/DLW;

**13-16 X HVR SCP; SL SD LK; DBL REV ; CHG OF DIR;**

- 13-14 [x hvr scp] XLIF (W XRIB) of R,-, comm LF trn sd R w/hover action, fwd L SCP/DLC;[sd lk]Fwd R slight LF upper body trn,-, sd & fwd L, XRIB of L trn slight LF(W fwd L comm LF trn,-, sd & fwd L cont trn, XLIF of R) CP/DLC;
- 15-16 [dbl rev] Fwd L comm Lf upper body trn, -, cont trn spin Lf on R, tch L to R (W bk R, -, comm L Heel trn on R cl L to R/fwd R, cont LF trn XLIF of R) CP/DLW; [chg dir] Fwd L,-, fwd R, trn LF draw L to R DLC;

\*(Option – may do twist vine 8)

PART B (MOD):**1-4 TRN L TO RT CHASSE; BK & BK/LK BK; WEAVE END; 3 STEP;**

- 1-2 BJO/DLW Repeat meas 1 & 2 part B;;
- 3-4 Repeat meas 3 part B; [3 step] Fwd L, -, fwd R, fwd L;

**5-8 NAT'L TELE; X HVR BJO; FWD PT & X PT; W TRN TRANS SKATERS;**

- 5-6 [nat'l tele] Comm RF upper body trn fwd R, -, sd & fwd L cont RF trn, fwd R (W comm RF trn bk L,-, cl L to R [heel trn], sd & bk L) SCAR/DLC; [x hvr] XLIF of R (W XRIB), -, comm LF trn sd R w/hover action, fwd L BJO/DLC;
- 7-8 [fwd pt x pt] Fwd R, swvl RF SCAR/DLW pt L sd, XLIF of R, swvl LF BJO/DLC pt R sd; [w trans skaters] Fwd R slight RF trn, -, fwd L, fwd R (W bk L comm RF trn, -, con trn sd & fwd R, tch L to R) both with L Ft free SKTRS/LOD;

END**1-4 L FT FREE SKATERS STEP KICK 4 TIMES;; SD LK M TRANS; DBL REV;**

- 1-2 [step kicks] SKATERS/LOD both L ft free prog LOD step fwd L, kick R, step fwd R, kick L; Step fwd L, kick R, step fwd R, kick L;
- 3-4 [sd lk trans] Sd & fwd L slight LF upper body trn, -, XRIB of L trn slight LF, - (W fwd L comm LF trn,-, sd & fwd L cont trn, XLIF of R);[dbl rev] Fwd L comm LF upper body trn, -, trn LF fwd & sd R, spn LF on R tch L to R (W bk R,-, comm LF heel trn on R cl L to R/fwd R, cont LF trn XLIF of R)CP/DLW;

**5-8 FWD HVR BJO; X HVR SCAR; FWD CK W DEVELOP; OUTSD CHECK;**

- 5-6 [fwd hvr bjo] Fwd L, -, sd & fwd R comm LF upper body trn, fwd L (W bk R,-, sd & bk L, bk R) BJO/DLC; [x hvr scar] XRIF ( W XIB) of L, -, comm RF trn sd L w/hover action, cont trn fwd R SCAR/DLW;
- 7-8 [ck develop] Fwd L checking lead W to develop, - , - , - (W bk R, raise L along outside of R leg pt toe down, extend kick L up & out); [outsd chk] Bk R trn LF, sd & fwd L cont trn, fwd R (W fwd L, trn LF sd & bk R, bk L) BJO/DRC;

**9-12 HEEL PULL ZIG ZAG TO BJO;; OP IMP; SL SD LK;**

- 9-10 [heel pull zig zag] Comm RF trn bk L, -,cont trn on L pull R heel cl R to L SCAR, comm LF upper body trn fwd L cont LF trn sd & bk R to BJO/DCR; Repeat meas 9;
- 11-12 [op imp] Comm RF body trn bk L, -, cl R to L heel trn, fwd L (W comm RF trn fwd R,-, fwd & sd L arnd M, fwd fwd R) SCP/DLC; [sl sd lk] Fwd R slght LF upper body trn,-, sd & fwd L, XRIB of L trn slight LF(W fwd L comm LF trn,-, sd & fwd L cont trn, XLIF of R)CP/DLC;

**13-14 OP TELE; THRU TO PROM SWAY & CHG SWAY;**

- 13-14 [op tele] Fwd L comm LF trn,-, sd & fwd R cont trn, sd & slightl fwd L to SCP/DLW; [prom sway] Thru R, -, sd & fwd L strong R sd stretch, chg to oversway;