If you copy the link, then you can read an Excel file from a website into R like:

```
library(tidyverse)
library(readxl)

url1 <- "https://query.data.world/s/tw3oaknxjlqods27xzzbpa3do4rmfr"
p1f <- tempfile()
download.file(url1, p1f, mode="wb")
happy_data <- read_excel(path = p1f)
```

Just replace the url1 link with the one that you've copied via (in this case) the Share URL option…