Heavenly Rythm



Count: 0 Wand: 1 Ebene: Intermediate

Choreograf/in: Anja Jensen (DK)

Musik: Teardrops in Heaven - Sanne Salomonsen



Sequence: AB, AB, Tag, CB, 1/2B

PART A

TAP RIGHT FOOT (2 TIMES), HEEL SWITCHES, CROSS STEP, HEEL JACK

1 Touch right toe diagonally forward to right and tap heel on the floor

2 Tap right heel on the floor, weight stays on left foot

Touch right heel forward, step right beside left, touch left heel forward

&5 Step left foot beside right, cross right over left

6 Step left to left side

7&8 Cross right behind left, step left beside right, touch right heel forward to right

On count 1-2 point left finger forward with Rikki Lake attitude

CROSS UNWIND, HEEL AND TOUCH, WALK (2 TIMES), SHUFFLE

&1 Right beside left, cross right over left
2 Unwind ½ turn right, (weight ends on left)

3&4 Touch right heel forward, right beside left, touch left toe back

5 Step left foot forward6 Step right foot forward

7&8 Left shuffle forward (left, right, left)

CROSS STEP, HEEL JACK, CROSS STEP, HEEL JACK

Cross right over left
 Step left to left side

3&4 Cross right behind left, left beside right, touch right heel diagonally forward to right

&5 Right beside left, cross left over right

6 Step right to right side

7&8 Cross left behind right, right beside left, touch left heel diagonally forward to left Suggestion: on count 1-4 lasso movements with right arm, count 5-8 lasso movements with left arm

STEP TURN (2 TIMES) SMOOTHLY HIP ROLLS

&1 Left beside right, step forward right

2 Turn ½ turn to left with weight ending on left

3 Step forward right

4 Turn ½ turn to left with weight ending on left

5 Step right to right side (weight on left) and start rolling hips smoothly to left

6 Roll hips smoothly to right
7 Roll hips smoothly to left
8 Roll hips smoothly to right

On count 5-8 hold hands like pistols

1-32 Repeat the first 32 counts

PART B

ONE AND A 1/4 TURN LEFT, HIP BUMPS

1 Step left to left side with ¼ turn to left

Turn ½ turn to left on ball of left foot, step right back
 Turn ½ turn to left on ball of right foot, step left forward

4	l urn ½ turn to left on ball of left foot, step right back
5&6	Touch left toe forward and bump hips left - right - left (transferring weight to left)
7&8	Touch right toe forward and bump hips right - left - right (transferring weight to right)

STEP, FLICK, LOCKSTEP, ROCK STEP, COASTER STEP WITH 1/4 TURN

Step le	t forward
	Step lef

2 Flick right leg back, by bending knee and click fingers at shoulder height

3&4 Step right forward, lock step left behind right, step right forward

5 Rock forward left

6 Recover weight back on right

7&8 Step back on left, step back on right with ¼ turn to right, step forward on left

HIP BUMPS, CROSS TOUCH, CROSS UNWIND

1&2	Touch right toe forward and bump hips right - left - right (transferring weight to right)
3&4	Touch left toe forward and bump hips left - right - left (transferring weight to left)

Cross right over left
 Touch left to left side
 Cross left over right

8 Unwind ½ turn to right (weight ends on left)

CROSS TOUCH (2 TIMES), HEEL BOUNCES

1	Cross right over left
2	Touch left to left side
3	Cross left over right
4	Touch right to right side
5	Step forward on right
6	Step left to left side

Lift both heels from floor and down again
Lift both heels from floor and down again

ONE AND 3/4 TURN RIGHT, HIP BUMPS

1	Step right to	o right side	with ¼ turi	n to right
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Turn ½ turn to right on ball of right foot, step left back
 Turn ½ turn to right on ball of left foot, step right forward
 Turn ½ turn to right on ball of right foot, step left back

Touch right toe forward and bump hips right - left - right (transferring weight to right)

Touch left foot forward and bump hips left - right - left (transferring weight to left)

STEP, FLICK, LOCKSTEP, ROCK STEP, COASTER STEP WITH 1/4 TURN

1 Step right forward

2 Flick left leg back, by bending knee and click fingers at shoulder height

3&4 Step left forward, lockstep right behind left, step left foot forward

5 Rock right foot forward

6 Recover weight back on left

7&8 Step back on right, step back on left with ¼ turn to left, step forward on right

HIP BUMPS, CROSS TOUCH, CROSS UNWIND

1&2	Touch left foot forward, and bump hips left-right-left (transferring weight to left)
3&4	Touch right foot forward, and bump hips right-left-right (transferring weight to right)

Cross left over right
 Touch right to right side
 Cross right over left
 Unwind ½ turn to left

CROSS TOUCH (2 TIMES) HEEL BOUNCES

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1	Cross left over right
2	Touch right to right side
3	Cross right over left
4	Touch left to left side
5	Step forward on left
6	Step right to right side
7	Lift both book from floor and dow

7 Lift both heels from floor and down again 8 Lift both heels from floor and down again

Suggestion: in the start of Part B when Sanne sings "teardrops in heaven" raise your arms and lower them while moving your fingers like raindrops

TAG

CROSS WALKS WITH HEEL TAPS AND FINGER SNAPS RIGHT & LEFT

1	Touch right foot over left and tap heel to the floor
2	Tap right heel on the floor (bend knees and upper body, turn face left, while you snap fingers on waist height twice,)
3	Touch left to left side, and tap heel on the floor
4	Tap left heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
5	Touch left foot over right and tap heel to the floor
6	Tap left heel on the floor (bend knees and upper body, turn face right, while you snap fingers on waist height twice.)
7	Touch right to right side, and tap heel on the floor
8	Tap right heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
9	Touch left foot over right and tap heel to the floor
10	Tap left heel on the floor (bend knees and upper body, turn face right, while you snap fingers on waist height twice.)
11	Touch right to right side, and tap heel on the floor
12	Tap right heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
13	Touch right foot over left and tap heel to the floor
14	Tap right heel on the floor (bend knees and upper body, turn face left, while you snap fingers on waist height twice.)
15	Touch left to left side, and tap heel on the floor
16	Tap left heel on the floor (straighten your knees and body, snap fingers twice on waist height

PART C

TAP RIGHT FOOT (2 TIMES), HEEL SWITCHES, CROSS STEP, HEEL JACK

and look forward)

1	Touch right toe diagonally forward to right and tap heel on the floor
2	Tap right heel on the floor, weight stays on left foot
3&4	Touch right heel forward, step right beside left, touch left heel forward
&5	Step left foot beside right, cross right over left
6	Step left to left side
7&8	Cross right behind left, step left beside right, touch right heel forward to right

CROSS UNWIND, HEEL AND TOUCH, WALK (2 TIMES), SHUFFLE

CROSS UNWIND, HEEL AND TOUCH, WALK (2 TIMES), SHUFFLE		
&1	Right beside left. Cross right over left	
2	Unwind ½ turn right. (weight ends on left)	
3&4	Touch right heel forward, right beside left, touch left toe back	
5	Step left foot forward	
6	Step right foot forward	
7&8	Left shuffle forward (left, right, left)	

CROSS STEP, HEEL JACK, CROSS STEP, HEEL JACK

Cross right over left
 Step left to left side

3&4 Cross right behind left, left beside right, touch right feet diagonally forward to right

&5 Right beside left, cross left over right

6 Step right to right side

7&8 Cross left behind right, right beside left, touch left heel diagonally forward to left

PADDLE TURNS (HALF TURN TOTAL) SMOOTHLY HIP ROLLS

Left beside right. Step forward on right
Turn ¼ turn to left, weight ending on left

3 Step forward on right

4 Turn ¼ turn to left, weight ending on left

Roll hips smoothly to left
Roll hips smoothly to right
Roll hips smoothly to left
Roll hips smoothly to right

On count 5-8 hold hands like pistols