

My Hallelujah

COPPER KNOB
BY STEPHEN

拍数: 56 墙数: 4 级数: Phrased Intermediate
编舞者: Michael Diven (USA) - April 2016
音乐: Good To Be Alive (Hallelujah) - Andy Grammer



Intro: 16 counts, start dancing on the lyrics
SEQUENCE: AA B AA AAA B AA AA B AA AA

NOTE: Don't let the sequence scare you. You can hear the sequence in the music, very distinct parts.

PART A – 16 Counts - [QUICK STEP]

A1: RIGHT CROSS ROCK & RECOVER X 2, CROSS STEP, ¼ TURN RIGHT, COASTER STEP

1&2& Cross rock right over left, recover weight back to left foot, rock right to right side, recover weight back to left
3&4& Cross rock right over left, recover weight back to left foot, rock right to right side, recover weight back to left
5-6 Cross step right over left, pivot ¼ turn right stepping back on left foot
7&8 Step back on right foot, step left foot next to right, step forward on right foot

A2: LEFT CROSS ROCK & RECOVER X 2, SYNCOPATED EXTENDED WEAVE

1&2& Cross rock left over right, recover weight back to right foot, rock left to left side, recover weight back to right
3&4& Cross rock left over right, recover weight back to right foot, rock left to left side, recover weight back to right
5&6&7&8 Step left to left, cross right over left, step left to left, cross right behind left, step left to left, cross right over left, step left to left

PART B – 40 Counts [CHA CHA]

B1: CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, ¼ TURN SHUFFLE

1-2 Cross Rock right over left, recover weight back to left
3&4 Step right foot to right side, step left foot next to right, step right foot to right side
5-6 Cross rock left over right, recover weight back to left
7&8 Pivot ¼ turn left stepping left, right left

B2: STEP, ½ TURN PIVOT, 1 ½ TURN, SHUFFLE FORWARD

1-2 Step forward on right foot, pivot ½ turn left (weight on left foot)
3-4 Pivot ½ turn left stepping back on right, pivot ½ turn stepping forward on left foot
(Easier option: Just walk right, walk left)
5-6 Step forward on right foot, pivot ½ turn left (weight on left foot)
7&8 Step forward on right foot, step left foot next to right, step forward on left foot

B3: ROCK, RECOVER, BACK SHUFFLE, ROCK, RECOVER, FULL TURN

1-2 Rock forward on left foot, recover weight back to left foot
3&4 Step back on left foot, step right foot next to left, step back on left foot
5-6 Rock back on right foot, recover weight back on left foot
7-8 Pivot ½ turn left stepping back on right, pivot ½ turn stepping forward on left foot
(Easier option: Just walk right, walk left)

B4: STEP, ¼ TURN, CROSSING SHUFFLE, ROCK, RECOVER, ¼ TURN WEAVE

1-2 Step forward on right foot, pivot ¼ turn left
3&4 Cross step right over left, step left foot to left side, cross step right over left
5-6 Rock left foot to left side, recover weight back to right side
7&8 Step left foot behind right, pivot ¼ turn right stepping right foot forward, step left foot forward

B5: ROCK, RECOVER, BACK SHUFFLE, STEP, STEP, WALK X 3

- 1-2 Rock forward on right foot, recover weight back to left
- 3&4 Step back on right foot, step left foot next to right, step back on right foot
- 5-6 Step back on left foot, step back on right foot
- 7&8 Walk forward on left, right, left

REPEAT
