

Church

拍数: 64 墙数: 2 级数: Phrased Low Intermediate
编舞者: Hege Langhelle (NOR) - May 2019
音乐: Church (Fra TV-Programmet "The Voice") - Endre Gryting



Alt. music: Church by Samm Henshaw(feat. Earthgang)

Dance starts after 8 counts

Phrasing: A A C A Tag 1 A* Tag 2 A Tag 3 A** B C ENDING

A : 16 counts

A(1-8) Steps to diagonal, touch(R and L, fwd and back), mambo(back and fwd)

1&2& Step R to R diagonal(1),touch L next to R(&),step L to L diagonal(2),touch R next to L(&)
3&4& Step R back to R diagonal(3),touch L next to R(&),step L back to L diagonal(4),touch R next to L(&)
5&6 Rock R back(5),recover onto L(&),step R fwd(6)
7&8 Rock L fwd(7),recover onto R(&),step L back(8)

Athe 6th time you dance A(it`s after tag 3) this is where B starts**

A(9-16) Basic samba(R and L),pivot,1/1 triple,step

1-2& Step R to R(1),rock L behind R(2),recover onto R(&)
3-4& Step L to L(3),rock R behind L(4),recover onto L(&)
A*: the 4th time you dance A this is where tag 2 comes. Start A from top
5-6 Step R fwd(5),1/2 pivot L(6)
7&8& Step R fwd(7),1/2 R step L back(&),1/2 R step R fwd(8),step L fwd(&)

B : 16 counts

B(1-8) V-steps with ¼ R and claps

1-4 Step R to R diagonal(1),step L to L(2),1/4 R step R to R(3),step L fwd 2 claps(&4)
5-8 Repeat 1-4

B(9-16)Repeat 1-8 last time flick R behind L(&)

C :32 counts

C(1-8&) Step,hip swing,touch,step,flick

1-4& Step R to R(1),swing hips in a circle back to front. Weight ends on R(&2&3&4,touch L next to R(&)
5&6& Touch L to L(5),touch L next to R(&),step L to L(6),touch R next to L(&)
7&8& Touch R to R(7),touch R next to L(&),step R to R(8),flick L behind R(&)

C(9-16&) Repeat 1-8& to L

C(17-24&)Step touch in a box(1/4 * 4)diagonal step touch R and L fwd and back,flick

1&2& 1/4 L step R to R(1),touch L next to R(&),1/4 L step L to L(2),touch R next to L(&)
3&4& 1/4 L step R to R(3),touch L next to R(&),1/4 L step L to L(4),touch R next to L(&)
5&6& Step R to R diagonal(5),touch L next to R(&),step L to L diagonal(6),touch R next to L(&)
7&8& Step R back to R diagonal(7),touch L next to R(&),step L back to L diagonal(8),flick R behind L(&)

C(25-32&)Repeat 1-8&. Replace flick(&) with step L beside R(weight on L)

Tag 1 "THE DEVIL STAY AWAY"

1-4 Step R to R, arms in circles(R arm L to R, L arm R to L)hips R to L(1&),wiggle hands in front of Hips, swing hips in a circle front to back(2&3&),touch R next to L(4)

Tag 2 "WHY YOU RUNNING"

1-4 Step R to R and run with your arms(1&2&3&),touch R next to L(4)

Tag 3 "NEED A SPRAYTAN"

1-4 Touch your body from top to hips(1-2),move your hips(3-4)

ENDING: Arms in circles to claps and R finger pointing fwd.

HAVE FUN

IF YOU DANCE TO THE ORIGINAL MUSIC THE PHRASING WILL BE:

A A B C A A B C A TAG1 A* TAG2 A TAG3 A B C B**
