

Prayer for Ukraine (Molytva Za Ukrayinu)

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 0 级数: Circle dance
编舞者: Ira Weisburd (USA) - May 2022
音乐: O Bozhe, Ya Molyusya Za Ukrayinu



Pronunciation: Moe-Leesh-jah You-Cry-Ee-New

Circle Dance facing CCW. "V" Hand Position. S-Q-Q-S-S
Introduction: 8 Counts. Start on vocal @ approx. 8 secs.

PART I. (FORWARD 1 SLOW STEP, FORWARD 2 QUICK STEPS, FORWARD 2 SLOW STEPS;)

1-2& Step R forward, Step L forward, Step R forward
3-4 Step L forward, Step R forward
5-6& Step L forward, Step R forward, Step L forward
7-8 Step R forward, Step L forward

REPEAT PART I. 1-8. (3 more times)

CHORUS: PART II. - PART VI. :

PART II. (FACE CENTER: FORWARD 1 SLOW STEP, FORWARD 2 QUICK STEPS, FORWARD 2 SLOW STEPS; BACK 1 SLOW STEP, BACK 2 QUICK STEPS, BACK 2 SLOW STEPS)

1-2& Step R forward, Step L forward, Step R forward
3-4 Step L forward, Step R forward (Raising both arms up)
5-6& Step L back, Step R back, Step L back (Slowly lowering both arms back to "V" position)
7-8 Step R back, Step L back

PART III. (SIDE, ROCK RECOVER, SIDE, TOUCH; 1/4 R TURN, 1/2 R PIVOT TURN, 1/4 R TURN, ROCK BACK, RECOVER)

1-2& Step R to R, Rock back onto L, Recover forward onto R
3-4 Step L to L, Touch R beside L (Placing L hand on L hip & Hold R arm up; facing palm of hand)
5-6& Step R to R making 1/4 R Turn (CCW), Step L forward, Pivot 1/2 R onto R (CW)
7-8& Step L forward making 1/4 R Turn (Face Center), Rock back onto R (bringing arms down), Recover forward onto L

PART IV. (FORWARD 1 SLOW STEP, FORWARD 2 QUICK STEPS, FORWARD 2 SLOW STEPS; SIDE, HOLD, SIDE, HOLD)

1-2& Step R forward, Step L forward, Step R forward
3-4 Step L forward, Step R forward (slowly raising arms out to sides around dancers backs in a back basket hold)
5-6 Step on L to L, Hold (looking to your left)
7-8 Step on R to R, Hold (looking to your right)

PART V. (BACK 1 SLOW STEP, BACK 2 QUICK STEPS, BACK 2 SLOW STEPS; SIDE, ROCK BACK, RECOVER, SIDE, ROCK BACK, RECOVER)

1-2& Step L back, Step R back, Step L back (slowly lowering arms back to "V" position)
3-4 Step R back, Step L back
5-6& Step R to R, Rock back onto L, Recover forward onto R
7-8 Step L to L, Touch R beside L (Placing L hand on L hip & Hold R arm up; facing palm of hand)

PART VI. (1/4 R TURN, 1/2 R PIVOT TURN, FORWARD, 1/4 R TURN; SIDE, ROCK BACK, RECOVER, 1/2 R, 1/2 R)

1-2& Step R to R making 1/4 R Turn (CCW), Step L forward, Pivot 1/2 R onto R (CW)

3-4 Step L forward, Step R forward making 1/4 R Turn (Face Center)

5-6& Step L to L, Rock back onto R, Recover forward onto L

7-8 Step R to R making 1/2 R Turn (Face Out), Step L back making 1/2 R Turn (Face Center)

REPEAT DANCE. (2 more times)

ENDING: REPEAT CHORUS (PART II.—PART VI.) and end the dance with PART IV. to the center

Global Dance Rally for Ukraine Website: <https://www.linedancefoundation.com/globaldancerally>

Facebook Event Link: <https://www.facebook.com/events/703888074274873?ref=newsfeed>

Donation Link: <https://linedancefoundation.enthuse.com/cf/2ec3/fundraiser#!/>

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