

Hallelujah

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Runa (DK) - November 2022
音乐: Hallelujah - Alexandra Burke : (Album: Overcome)



Intro: 8 count (Start on the word "Heard") Very Slow Rolling Rhythm

NOTE: The music slows down at the end of Wall 4 (facing 3:00). Finish the wall following the music, hold until the music return to normal speed and start again.

RESTART: Wall 2 after 24 count facing 3:00

S1. Side, behind, ball-step, cross, side-rock, recover into chassé, sailor-step ¼ turn R

1-2& Step R to R side, step L behind R, step R beside L
3-4 Cross L over R, rock R to R side
5&6 Step L to L side, step R beside L, step L to L side
7&8 Step R behind L ¼ turn R, step L to L side, step R slightly fwd (3:00)

S2. Fwd shuffle, rock, recover, sweep back (R+L), coaster-step

1&2 Step fwd on L, step R beside L, step fwd on L
3-4 Rock fwd on R, recover on L
5-6 Sweep R back, sweep L back
7&8 Step back on R, step L beside R, step fwd on R

S3. Rock, recover, ball-step, full turn L, fwd shuffle ½ turn L, coaster-step

1-2& Rock fwd on L, recover on R, step L beside R
3-4 Full turn L stepping R,L
(Easier option: Walk R+L)
5&6 Step fwd on R ¼ turn L, step L beside R, step R to R side ¼ turn L (9:00)
7&8 Step back on L, step R beside L, step fwd on L

S4. Rock, recover ¼ turn L, ball-step, side, cross-shuffle, side-rock, recover, cross

1-2& Rock fwd on R, recover ¼ turn L taking weight on L, step R beside L (6:00)
3 Step L to L side
4&5 Cross R over L, step L to L side, cross R over L
6-7-8 Rock L to L side, recover on R, cross L over R

ENDING: Last wall 7 starts facing 3:00. Dance the first 16 count (now facing 6:00)

Make a "Step ½ pivot" to end the dance facing 12:00

(Step fwd on L, ½ turn R taking weight on R)