

Congratulations!

拍数: 0

墙数: 1

级数: Phrased Low Intermediate Fun
Dance



编舞者: Judy Teh & Wendy Teh (MY) - August 2008

音乐: Congratulations - Cliff Richard

Sequence: A, B, A, B, A, Tag, Ending

Part A

CON – GRA – TU both hands spread out in front of chest to sides, start footwork with Lyrics LA (1) TIONS (2)

Section 1: Step Out, Step In, Jazz Box

1 - 4 step R fwd out, step L fwd out, step R back to centre, step L next to R
5 - 8 cross R over L, step L diagonal back, step R to R, cross L over R

Section 2: Rolling Full Turn, Kick Step 2x

1 - 4 ¼ R turn step R fwd, ½ R turn step L back, ¼ R turn step R to R, flick L behind R shin (figure 4) clicking fingers
5 - 8 kick L, step L beside R, kick R, step R beside L

Section 3: Step Out, Step In, Jazz Box

1 - 4 step L fwd out, step R fwd out, step L back to centre, step R next to L
5 - 8 cross L over R, step R diagonal back, step L to L, cross R over L

Section 4: Rolling Full Turn, Kick Step 2x

1 - 4 ¼ L turn step L fwd, ½ L turn step R back, ¼ L turn step L to L, flick R behind L shin (figure 4) clicking fingers
5 - 8 kick R, step R, kick L, step L

Part B

Section 5: Toe Strut 4x, Kick, Step, Unwind ½ L Turn

1&2&3&4& ¼ R turn R toe strut, L toe strut, R toe strut, L toe strut
(body slightly lean back, face facing 12.00)
5 6 kick R fwd, step R back
7 8 touch L back, unwind ½ L turn

Section 6: Toe Strut 4x, Kick, Step, Unwind ¼ L Turn

1&2&3&4& R toe strut, L toe strut, R toe strut, L toe strut
(body slightly lean back, face facing 12.00)
5 6 kick R fwd, step R back
7 8 touch L back, unwind ¼ L turn

Section 7: Shuffle Fwd, Pivot ½ L Turn, Jump Apart

1a2 3a4 R shuffle fwd, L shuffle fwd (slightly detached)
5 6 step R fwd, pivot ½ L turn
7 8 step R fwd, pivot ½ L turn

Section 8: Horse Shoe Walk ½ R Turn

1 - 4 walk in the shape of a horseshoe back to front wall
5 jump feet apart

Section 9: Hip Bump (just follow music, no counts)

TAM ter-tam ter-tam TAM ter-tam ter-tam TAM
Bump hips L RL RL ...

CLAP hands on the last TAM

Section 10: Hip Bump Anti-clockwise

1 - 4 hips bump back, bump R, bump fwd, bump L
(follow music to BOM,BOM.....)

TAG: Hold for 2 counts to start the TAG, music slow to fast....

Step, Hold, Together, Hold

1 - 4 step R to R, hold, step L next to R, hold (hold hands with your neighbours)
5 6 step R to R, kick L to R diagonal
7 8 step L to L, kick R to L diagonal

Vine R, Kick Fwd, Vine L, Kick Fwd

1 - 4 step R to R, step L behind R, step R to R, kick L to R diagonal
5 - 8 step L to L, step R behind L, step L to L, kick R to L diagonal

Two x Paddle L Turn, Pivot ½ L Turn, 2x Paddle R turn, Pivot ½ R turn

1&2& step R fwd, ¼ L turn on ball L, step R fwd, ¼ L turn on ball L
3&4 step R fwd, pivot ½ L turn, step R fwd
5&6& step L fwd, ¼ R turn on ball R, step L fwd, ¼ R turn on ball R
7&8 step L fwd, pivot ½ R turn, step L fwd

Ending: Ending - Only Part A's sec 1, sec 2 & sec 4 followed by Part B's sec 9 & sec 10. It's pretty obvious, you can hear it in the music. Have Fun doing the BOMS !! Best, judy

Enjoy & Congratulations !
