

Delilah

拍数: 48 墙数: 4 级数: Beginner / Improver
编舞者: Alison Johnstone (AUS) - August 2009
音乐: Delilah - Tom Jones : (CD: Greatest Hits)



Alt Music: "Morning Has Broken" by Cat Stevens

(As the main track is fast I have given a slower option for practice)

It will fit with lots of other waltz tracks as it is a standard 48 count dance. Have fun choosing.

Dedicated to: Juliet Lam (USA)

Start: On the lyrics

SWAY, SWAY, FWD BASIC, BACK BASIC (12.00)

1-2-3 Step Left to side sway hips Left (weight Left)
4-5-6 Step Right to side sway hips Right (weight Right)
7-8-9 Step fwd onto Left, Step Right into Left, Step Left in place
10-11-12 Step back onto Right, Step Left into Right, Step Right in place

1/4 TURN RIGHT SWAY, SWAY, STEP HITCH HOLD, BACK DRAG (3.00)

1-2-3 ¼ turn Right Stepping Left to side sway hips Left (weight Left)
4-5-6 Step Right to side sway hips Right (weight Right)
7-8-9 Step fwd onto Left, Hitch Right, Hold
10-11-12 Step back onto Right, Drag left towards Right over 2 counts

STEP RONDE, LUNGE, RECOVER, 1/2 TURN OVER LEFT BASIC (9.00)

1-2-3 Step fwd Left and sweep Right from Back to Front over 2 counts (do not step on Right)
4-5-6 Step fwd Right lunging fwd over 3 counts
Finish: Dance finishes after lunge so simply recover on Left to front and stomp Right into Left
7-8-9 Recover back on Left for 3 counts (nice smooth movement back from lunge)
10-11-12 Step back onto Right, ½ turn over Left stepping fwd Left, Step fwd Right

STEP RONDE, LUNGE, RECOVER, STOMP CLAP CLAP (9.00)

1-2-3 Step fwd Left and sweep Right from Back to Front over 2 counts (do not step on Right)
4-5-6 Step fwd Right lunging fwd over 3 counts
7-8-9 Recover back on Left for 3 counts (nice smooth movement back from lunge)
10-11-12 Stomp Right slightly to side, Clap, Clap (weight Right)

Choreographer note: As the dance is Viennese Waltz beat you will note that this is choreographed with a normal size step but then the wording "towards" on the drags and not "into".

Take nice small steps on the basics.

Finish: Dance finishes after lunge so simply recover on Left to front and stomp Right into Left

Juliet requested I choreograph a dance to this track. Juliet helped with arranging the sets of 12 with me until we were both happy. It was choreographed on Juliet's husbands birthday.

Juliet is an inspiration to all who enjoy her dance videos and clear teaching techniques.

I hope you like itEnjoy!

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