

# 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 it .....Enjoy!**

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