

Hallelujah!

拍数: 96 墙数: 4 级数: Intermediate Viennese waltz tempo
编舞者: Niels Poulsen (DK) - September 2010
音乐: Hallelujah - Lee Dewyze : (very fast - 3:39)



Intro: Start after 24 counts, app. 7 secs into track.

(1 – 12) Fw L, slow R sweep, jazz ¼ R, repeat counts 1-6

- 1 – 3 Step fw on L (1), start sweeping R fw (2), complete your R sweep fw (3) [12:00}
- 4 – 6 Cross R over L (4), turn ¼ R stepping back on L (5), step R to R side (6) [3:00}
- 7 – 9 Step fw on L (7), start sweeping R fw (8), complete your R sweep fw (9)
- 10 – 12 Cross R over L (10), turn ¼ R stepping back on L (11), step R to R side (12) [6:00}

(13 – 24) Fw L, slow R lift, slow R back rock, fw L, slow R sweep, jazz ½ R

- 1 – 3 Step fw on L (1), start lifting R leg fw (2), complete R leg lift (3)
- 4 – 6 Step back on R (4), start twisting upper body slightly to R (5), finish twist to R side (6)
- 7 – 9 Step onto L (7), start sweeping R fw (8), complete R sweep fw (9)
- 10 – 12 Cross R over L (10), turn ¼ R stepping back on L (11), turn ¼ R stepping fw on R (12) [12:00}

(25 – 36) Fw L, full spiral turn R, run R L R fw, L basic fw, R basic back

- 1 – 3 Step fw on L (1), start full spiral turn R (2), complete full spiral turn – weight L (3)
- 4 – 6 Step fw on R (4), run fw on L (5), run fw on R (6)
- 7 – 9 Step fw on L (7), step R next to L (8), change weight to L (9)
- 10 – 12 Step back on R (10), step L next to R (11), change weight to R (12)

(37 – 48) Full turn box R

- 1 – 3 Turn ¼ R stepping L to L side (1), step R next to L (2), change weight to L (3) [3:00}
- 4 – 6 Turn ¼ R stepping R to R side (4), step L next to R (5), change weight to R (6) [6:00}
- 7 – 9 Turn ¼ R stepping L to L side (7), step R next to L (8), change weight to L (9) [9:00}
- 10 – 12 Turn ¼ R stepping R to R side (10), step L next to R (11), change weight to R (12) [12:00}

(49 – 60) Cross, full unwind R, step on R, L side rock, fw L with sweep, fw R with sweep

- 1 – 3 Cross L over R (1), start unwinding full turn R (2), complete full unwind – weight L (3)
- 4 – 6 Step down on R (4), rock L to L side (5), recover weight to R (6)
- 7 – 9 Step fw on L sweeping R fw (7), continue sweeping R fw (8), complete R sweep fw (9)
- 10 – 12 Step fw on R sweeping L fw (10), continue sweeping L fw (11), complete L sweep fw (12)

(61 – 72) Step L fw, ¼ sweep L, weave, step L with L twist, step R with R twist

- 1 – 3 Step down on L (1), turn ¼ L on L starting to sweep R fw (2), complete R sweep fw (3) [9:00}
- 4 – 6 Cross R over L (4), step L to L side (5), cross R behind L (6)
- 7 – 9 Step L to L side (7), start twisting upper body slightly to L side (8), finish L twist (9)
- 10 – 12 Step R to R side (10), start twisting upper body slightly to R side (11), finish R twist (12) (*)

(73 – 84) ¼ basic L, ½ basic L, ½ L with slow sweep, weave

- 1 – 3 Turn ¼ L stepping fw on L (1), step R next to L (2), change weight to L (3) [6:00}
- 4 – 6 Turn ½ L stepping back on R (4), step L next to R (5), change weight to R (6) [12:00}
- 7 – 9 Turn ½ L stepping fw on L starting to sweep R fw (7), continue sweep (8), finish sweep (9) [6:00}
- 10 – 12 Cross R over L (10), step L to L side (11), cross R behind L (12)

(85 – 96) Step L to L, slide R to L, chasse ¼ R, fw L, full turn R, R basic fw

- 1 – 3 Step L a big step to L side (1), slide R towards L (2), twist upper body slightly to L side (3)

4 – 6 Step R to R side (4), step L next to R (5), turn ¼ R stepping R fw (6) [9:00}
7 – 9 Step fw on L (7), start turning full turn R on L sweeping R around (8), complete turn (9)
10 – 12 Step fw onto R (10), step L next to R (11), change weight to R (12)

Begin again – and remember to sing along to this one!!!

(* Restart: After 72 counts during your 2nd wall. You'll be facing 6:00 when starting your 3rd wall

Note: During counts 85-96 on 4th wall (facing 9:00) the music slows down.

Slow down your steps with the music and return to normal speed from wall 5, now facing 12:00

Ending On wall 7, facing 6:00, do up to count 48 then cross L over R, unwind slowly to face 12:00 [12:00}

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