

Sanctified Slide

拍数: 64 墙数: 1 级数: Improver Gospel
编舞者: Christopher Page - June 2011
音乐: Sanctified Slide - Christopher Page and the Dream Keeper's Ensemble : (Album: A Page From My Heart)



Step Description provided by Debi Pancoast (info@footnotesbydeb.com / www.footnotesbydeb.com)

32 count intro to start dancing on lyrics "Walk in the Spirit...", just after he says "Come on!".
Follow along with the lyrics and enjoy!

[1-16] "Walk In The Spirit" (16 counts)

1, 2, 3, 4 Step side R, Step together L, Step side R, Touch together L
5, 6, 7, 8 Step side L, Step together R, Step side L, Touch together R
1, 2, 3, 4 Step side R, Step together L, Step side R, Touch together L
5, 6, 7, 8 Step side L, Step together R, Step side L, Touch together R

[17-32] "Shake The Devil Off" (16 counts)

1, 2, 3, 4 Step side R and shake shoulders (shimmy) while slowly moving to lean right over the 4 counts
5, 6, 7, 8 Step side L and shake shoulders (shimmy) while slowly moving to lean left over the 4 counts
1, 2, 3, 4 Step side R and shake shoulders (shimmy) while slowly moving to lean right over the 4 counts
5, 6, 7, 8 Step side L and shake shoulders (shimmy) while slowly moving to lean left over the 4 counts

[33-48] "Stomp Satan Lower" (16 counts)

1, 2, 3, 4 Stomp forward on R and lean slightly forward while you bounce hips and/or heel for 3 counts
5, 6, 7, 8 Stomp forward on L and lean slightly forward while you bounce hips and/or heel for 3 counts
1, 2, 3, 4 Stomp forward on R and lean slightly forward while you bounce hips and/or heel for 3 counts
5, 6, 7, 8 Stomp forward on L and lean slightly forward while you bounce hips and/or heel for 3 counts

Option: Jumping Jack – Stomp forward on 1, hold for 2 and 3, then jump feet into a crossed position on &, then back out open for 4. This is a quick move and can be done for 5, 6, 7, & 8 as well

[49-64] "Dance Like David Danced" (16 counts)

1-8 + 1-8 Step R, L, R, L, R, L, R, L x2 as you step on each beat for 16 counts while you make a full turn to your left, waving your hands back and forth at head level. (In other words, walk around in place as you make a full turn stepping on each beat starting with your R, and wave your hands side to side.)

Insert/Tag: "Clap Your Hands" (32 counts)

After 5 complete times through all 4 parts above, there's a 32 count section where you stop and clap your hands. You can clap single time, double time or even to the lyrics. You can be creative too and make a big circle with your hands as you clap, or take your claps side to side, or whatever the music moves you to do during this portion.

Ending: After the clapping section, do the first 4 sections of the dance again to finish the song, ending when the music cuts out and leaves the vocal harmony for the last 4 counts with the "Matrix" move. Bend slightly back from the waist first leaning back towards the left and slowly circling back and around to the right (counterclockwise) over the four counts while your hands are up in front of you and come around to point forward at the end.

Have fun and let the Spirit move you!!

