Ordinary Miracle



拍數: 48 牆數: 2 級數: Intermediate

編舞者: Nancy Greene (CAN) - November 2017

音樂: Ordinary Miracle - Sarah McLachlan: (Charlotte's Web Soundtrack)



Start on lyrics (after 8 beats)

[1 - 8] Cross We 1&2& 3,4& 5&6 &7,8	eave R, Cross Rock / Rec, Side, Cross Shuffle L, 5/8 Piqué Turn L Cross L over R [1], R to R side [&], L behind R [2], R to R side [&] 12:00 Cross Rock L over R [3], recover onto R [4], Step L to L side [&] 12:00 Cross R over L [5], Step L beside R [&], Cross R over L [6] 12:00 Developé (lift L toe upward to R knee) [&], 1/4 turn L extend L leg & step fwd onto Ball of L while raising R toe to L knee Turn a further 3/8 L [7], Step R fwd [8] 4:30			
[9 - 16] Syncopated Rock Steps with Points, Coupé, 1/8 turn R into Serpentine Weave				
1&2&	Rock L fwd [1], Point R behind [&], Recover back onto R [2], Step ball of L beside R [&] 4:30			
3&4&	Rock R back [3], Point L fwd [&], Recover fwd onto L [4], touch L ankle with R toe [&]			
5,6&	1/8 Turn R Step R fwd sweeping L back to front [5], Step L across R [6], Step R to R side [&] 6:00			
7,8&	Step L back sweeping R front to back [7], Step R behind L [8], Step L to L side [&] 6:00			
[17-24] Step, 1/2 Pivot Turn L, Step, 1/8 "Twinkle" L, Sweep, Cross, Side, Back, Back / Lift				
1,2&	Step R fwd rising onto balls [1], 1/2 Pivot Turn L transferring weight to L [2], Step R fwd (&) 12:00			
3&4	Step L across R [3], Turn 1/8 L step back onto ball of R [&], Step ball of L beside R [4] 10:30			
5,6&	Step R fwd sweeping L back to front [5], Step L across R [6], Step R to R [&] 10:30			
7,8	Step L back [7], Step R back and point & raise L leg fwd sweeping R hand down front of body and leg (like undoing a zipper from neck to shin of L leg) [8] 10:30			
[25 - 32] Step, 1/2 "Twinkle" R, Step, Full Turn L, Point (prep), Jazz Pirouette R, Step / Point				
1,2&3	Step L fwd [1], 1/8 Turn R step R fwd [2],1/4 Turn R step ball of L to L side [&], 1/8 Turn R step onto ball of R next to L [3] 4:30			
4&5	Step L fwd [4], 1/2 turn L step only slightly back on R [&], 1/2 turn L step fwd L [5] 4:30			
6	Point/Touch ball of R to R side (L leg slightly bent) with R arm fwd (this is a prep) [6] 4:30			
7&8	Full Jazz Pirouette R (swing R arm to R side, push off the ball of R to turn R while bringing R knee fwd & R toe beside L knee, while rising to the ball of L) [7], Step R beside L [&], Point L to L side [8] 4:30			
(No Turn Option: On beats 4&5 do 3 small runs fwd (L,R,L); On beats 7&8 press up to the ball of L and hitch R (knee fwd and R toe to L knee) [7], Step R beside L [&], Point L to L side [8]				

[33 - 40] Bourrée (Ball Lock Steps), Step, Point, 1/8 R Lunge, Wrap, Step, Point, Step/Sweep

1	&2&	Step fwd onto ball of L (developé L leg into this) [1], Lock ball of R behind L [&], Step ball of L fwd [2], Lock ball of R behind L [&] (these steps stay up on balls & are tiny/delicate) 4:30	
3	3,4	Step L fwd [3], bend L knee as you point R fwd (lean fwd extending arms fwd in "offering") [4] 4:30	
5	;	1/8 turn R lunge R to R (bend R knee while pointing L to L extending arms to side)[5] 6:00	
6	;	Hold lunge position and wrap both arms across chest [6] 6:00	
&	k7	Step L beside R [&], Point R to R (allow arms to sweep outward to sides) [7] 6:00	
8	}	Step R fwd while sweeping L back to front [8] 6:00	
**	**DESTADT** HEDE DUDING 2DD WALL Volume to fooing 6:00		

RESTART HERE DURING 3RD WALL - You will be facing 6:00

1&2	Cross L over R [1], R to R side [&], 1/8 turn L step L back [2] 4:30
3&4	Step R back [3], 1/8 turn L step L to L side [&], cross R over L (prep) [4] 3:00
5&6&	1/4 turn R step L back [5], 1/2 turn R stepping R slightly fwd [&], step L fwd [6], Coupé (touch
	R to L calf while bending L leg [&] 12:00
7&8&	Step R back [7], 1/2 turn L step L fwd [&], Step R fwd [8], Pass L toe beside R calf [&] 6:00

TAG: 2 Beat: At the end of the first wall (facing 6:00) - 2 Walks fwd (L,R) passing toe beside calf

Style Notes:

You will notice that the first 32 counts are primarily a nightclub two-step rhythm, whereas the last 16 counts leave that rhythm and change to an even syncopated rhythm or cha cha rhythm. I could have created an A and B part to make this distinction clearer but since the order never varies, there was no need. Just keep this in mind as you learn the steps.

This dance was inspired by watching hundreds and hundreds of fireflies, looking so much like tiny faery lights, blinking throughout our gardens and fields this past July. And the song, Ordinary Miracle, has always made me think of Mother Nature reminding us of how wondrous life truly is. And so, combining those two ideas, this dance has been choreographed to employ faery-like, delicate footwork (think tip-toe through the tulips). So you will find lots of steps on the balls of the feet and with pointed toes. \square It is not necessary to do the dance this way to enjoy it. But, if you can master these slight alterations to the steps you know, I think you will find it even more pleasing.

LIFE TRULY IS A MIRACLE, ENJOY!! □

Contact: DanceWithNanc@iCloud.com