

Hallelujah sing Hallelujah

拍數: 96 牆數: 4 級數: Phrased Improver
編舞者: Claudia Arndt (DE) - February 2021
音樂: It's A Beautiful Life (Hallelujah) - Sarah Jane Scott



Phrased : A, B, Tag, C, B, A, B, B, B, A, Tag, C, B, B (Counts : A=32, B=32, C=32)

Start: dance begins with singing

Phrased: A

Section 1 - Cross fwd. , Point Side, Cross fwd. , Point Side , Cross fwd. , Point Side, Drag,

1-2 RF step forward with crossing RF over LF, Point left to the left side,
3-4 LF step forward with crossing LF over RF, Point right to the right side,
5-6 RF step forward with crossing RF over LF, Point left to the left side,
7-8 Drag LF to the RF,

Section 2 - Chasse (r) , Rock back, Step Turn ½ , Shuffle fwd.

1&2 RF step to the right - close left beside right - RF step to the right,
3-4 LF step backwards, raise RF a little, weight back on RF,
5-6 LF step forward, ½ turn to the right on both balls,
7&8 LF step forward - RF step next to LF - LF step forward,

Section 3 - Cross fwd. , Point Side, Cross fwd. , Point Side , Cross fwd. , Point Side, Drag,

1-2 RF step forward with crossing RF over LF, Point left to the left side,
3-4 LF step forward with crossing LF over RF, Point right to the right side,
5-6 RF step forward with crossing RF over LF, Point left to the left side,
7-8 Drag LF to the RF,

Section 4 - Chasse (r) , Rock back, Recover, Step Turn ½ , Shuffle fwd.

1&2 RF step to the right - close left beside right - RF step to the right,
3-4 LF step backwards, raise RF a little, weight back on RF,
5-6 LF step forward, ½ turn to the right on both balls,
7&8 LF step forward - RF step next to LF - LF step forward,

****2.Tag: end of 3th part A at 3:00 o'clock**

Phrased: B

Section 1 - Chasse (r) , Rock back, Recover, Chasse (l) , Rock back, Recover,

1&2 RF step to the right - close left beside right - RF step to the right,
3-4 LF step backwards, raise RF a little, weight back on RF,
5&6 LF step to the left - close right beside left - LF step to the left,
7-8 RF step backwards, raise LF a little, weight back on LF,

Section 2 - 2x Lindy Shuffle fwd. (r,l) , Rockin' Chair,

1&2 RF step forward - LF close to RF - RF step forward,
3&4 LF step forward - RF close to LF - LF step forward,
5-6 RF step forward, weight back onto LF,
7-8 RF step backwards, weight back on LF,

Section 3 - Side Rock, Recover, Cross Shuffle (l) , Side Rock, Recover, Cross Shuffle (r) ,

1-2 Step right to the right, weight back on left,
3&4 Cross RF over LF - Step left to the left side - cross RF over LF,
5-6 LF step to the left, weight back on RF,

7&8 Cross LF over RF - RF close to LF - cross LF over RF,

Section 4 - Side Rock, Recover, Cross Shuffle (l), Hinge Turn ½ , Cross Shuffle (r),

1-2 Step right to the right, weight back on left,
3&4 Cross RF over LF - Step left to the left side - cross RF over LF,
5-6 LF step to the left, ½ turn over the right shoulder, weight on the RF,
7&8 Cross LF over RF - RF close to LF - cross LF over RF,

***1.Tag: end of 1st part B at 6:00 o'clock**

Phrased: C

Section 1 - Step fwd. (diag. r), Touch l with Clapping Hands, Step fwd. (diag. l), Touch r with Clapping Hands

1-2 RF step forward (slightly diagonally), touch the LF next to the RF and clap your hands,
3-4 LF step forward (slightly diagonally), touch the RF next to the LF and clap your hands,
5-6 RF step forward (slightly diagonally), tap the LF next to the RF and clap your hands,
7-8 LF step forward (slightly diagonally), touch the RF next to the LF and clap your hands,

Section 2 - Step Back (diag. r), Touch l with Clapping Hands, Step Back (diag. l), Touch r with Clapping Hands,

1-2 RF Step back (slightly diagonally), touch the LF next to the RF and clap your hands,
3-4 LF step back (slightly diagonally), touch RF next to the LF and clap your hands,
5-6 RF step back (slightly diagonally), touch the LF next to the RF and clap your hands,
7-8 LF step back (slightly diagonally), tap RF next to the LF and clap your hands,

Section 3 - 2x Step Side (r), 2x Step Side (l),

1-2 Step RF to the right side, close LF to RF,
3-4 Step RF to the right side, close LF to RF,
5-6 Step LF to the left side, close RF to LF,
7-8 Step LF to the left side, close RF to LF,

Section 4 - Side Touch (r), Side Touch (l), 2x ½ Turn, Recover, Together,

1-2 RF Step right to the right, touch LF next to the RF,
3-4 LF Step left to the left, touch RF next to LF,
5-6 ½ turn left on RF, weight back on LF,
7-8 ½ turn left on RF, close LF to RF,

End - After the 8th part B, dance

Cross fwd. , hold, Cross fwd. , Hold, ½ Turn (l), Hold

1-2 RF step forward with crossing RF over LF, hold,
3-4 LF step forward with crossing LF over RF, hold,
5-6 ½ turn left, weight on LF, RF next to LF slightly angled, hold,

Tag

Step right, Touch (l), Step left with ¼ Turn (r), Touch (r),

1-2 Step RF to the right side, LF touch next to the RF,
3-4 LF step to the left with ¼ turn to the right, RF touch next to the LF,

Have fun dancing and always smile nicely.

E-Mail: claudia.arndt@web.de
