

Hill of Hope

拍數: 48 牆數: 2 級數: Phrased Advanced NC
編舞者: Roy Hadisubroto (IRE), Fiona Murray (IRE), Maddison Glover (AUS) & Niels Poulsen (DK) - April 2023
音樂: What's Up? - Hannah Grace & Sonny Tennet : (iTunes)



Intro: 16 counts from beginning of track. App. 15 secs. into track. Start with weight on L foot.

NOTE: Because of the very short introduction we made the decision to begin the dance (only for wall 1) on count 17.

Restart: During your 5th A you restart the dance after 16 counts facing 12:00

Phrasing: A (17-32), A, B, A, A, B, B, A (1-16), B, B – Note you always do B facing the front wall

A section

[1 – 8] Side R into ¾ spiral L, run ¼ L, cross ¼ R, ¼ R into sway RL, ¼ R prep, L full turn back

- 1 Step R to R side spiralling ¾ L and ending with L hooked in front of R (1) 3:00
2&3 Step L fwd (2), turn 1/8 L stepping R fwd (&), turn 1/8 L stepping L fwd and sweeping R from back to front (3) 12:00
4& Cross R over L (4), turn ¼ R stepping back on L (&) 3:00
5 – 7 Turn ¼ R stepping R to R side swaying body R (5), sway body L (6), step on R opening body a ¼ R to prep body for upcoming L turn (7) 9:00
8& Turn ½ L stepping down on L (8), turn ½ L stepping back on R (&) 9:00

[9 – 16] Back L & kick hitch, R coaster, touch step touch, R basic, ¼ R hinge turn, side cross

- 1& Step L back lifting R leg with a stretched leg (1), hitch R knee (&) 9:00
2&3 Step back on R (2), step L next to R (&), step R fwd (3) 9:00
&4& Touch L next to R (&), step L fwd (4), touch R next to L (&) ... Styling for counts 3&4&: step R fwd pushing R shoulder fwd and L shoulder back (3), touch L next to R letting both shoulders return to normal position (&), step L fwd pushing L shoulder fwd and R shoulder back (4), touch R next to L letting both shoulders return to normal position (&) 9:00
5 – 6& Step R a big step to R side (5), close L behind R (6), cross R over L (&) 9:00
7 – 8& Turn ¼ R stepping L back sweeping R to R side (7), step down on R (8), cross L over R (&) 12:00

[17 – 24] R side rock, R cross rock, 1¼ turn R fwd, step ¼ R cross, ¼ L, ¼ L, 1/8 L fwd R

- 1&2& Rock R to R side (1), recover on L (&), cross rock R over L (2), recover on L (&) 12:00
3&4 Turn ¼ R stepping R fwd (3), turn ½ R stepping L back (&), turn ½ R stepping R fwd (4) 3:00
5&6 Step L fwd (5), turn ¼ R stepping onto R (&), cross L over R (6) ... Optional arms for 2nd and 4th A to hit 'take a deep breath' in lyrics:

Start to reach both arms fwd and up (5), arms now stretched fwd and up with hands open (&), pull both arms into body clenching your fists (6) ...

Optional arm for 3rd A to hit 'Pray' in lyrics: both arms going out (5), fold hands a little above head (&), pull arms down in front of chest (6) 6:00

- 7&8 Turn ¼ L stepping back on R (7), turn ¼ L stepping L to L side (&), turn 1/8 L stepping R fwd hitching L knee AND reaching R arm fwd (8)-10:30

[25 – 32] L back sweep, R coaster into 2 prissy walks, step ½ step, tap sweep ¼ R, R back rock

- 1 Step back on L sweeping R out to R side (1) 10:30
2&3 – 4 Step back on R (2), step L next to R (&), step R fwd and slightly over L (3), step L fwd and slightly over R (4) 10:30
5&6 Step R fwd (5), turn ½ L onto L (&), step R fwd (6) 4:30
&7 Tap L behind R (&), step back on L turning ¼ R and sweeping R out to R side (7) 7:30
8& Rock back on R (8), recover on L (&) ... NOTE: to go into either A or B turn 1/8 L 7:30

B section

[1 – 8] Sway RLR, jazz ¼ L into sway LRL, cross, ¼ R

1 – 3 Squaring up to 12:00 step R to R side swaying body R (1), sway body L (2), sway body R and sweep L fwd (3) ...

Optional arms for counts 1-2-3: sway arms above head to RLR 12:00

4&5 Cross L over R (4), turn 1/8 L stepping back on R (&), turn 1/8 L stepping L to L side swaying body L (5) 9:00

6 – 7 Sway body R (6), sway body L sweeping R fwd (7) ... Optional arms for counts 5-6-7: sway arms above head to LRL - 9:00

8& Cross R over L (8), turn ¼ R stepping back on L (&) 12:00

[9 – 16] ¼ R side step 'Hey', drag, ¼ L, full triple fwd, arm reach, recover sweep, R back rock

1 – 3 Turn ¼ R stepping R to R side waving your R hand to 6:00 (1), drag L next to R (2), turn ¼ L stepping L fwd (3) 12:00

4&5 Turn ½ L stepping back on R (4), turn ½ L stepping L fwd (&), step R fwd starting to reach R arm fwd and up (5) 12:00

6 – 7 Finish arm reach (6), drop R arm and recover back on L with 1/8 turn R and sweeping R out to R side (7) 1:30

8& Rock back on R (8), recover on L (&) ... NOTE: to go into either A or B turn 1/8 L 1:30
