

Jerusalema Contra

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 0 級數: High Beginner - Contra
編舞者: Shanthie De Mel (AUS) - June 2024
音樂: Jerusalema (feat. Nomcebo Zikode) - Master KG : (iTunes / Amazon)



Contra - 2 lines facing each other.

Intro: Start the dance after 32 counts. No Tags or Restarts.

Set up dancers into two equal lines facing each other, at least 2 metres apart.

One line facing 3.00 wall and one line facing 9.00 wall.

Take the Jerusalema challenge! Smile! Have fun!

(1-8) HEEL BOUNCES LEFT x3. STEP. HEEL BOUNCES RIGHT x3. STEP.

1 - 4 Step on L toe & bounce L heel three times. Step on L.

5 - 8 Step on R toe & bounce R heel three times. Step on R. (12:00)

Optional: Bump hips with each heel bounce left & right.

(9-16) HEEL. TOGETHER x4.

1, 2 Touch L heel forward. Step L together.

3, 4 Touch R heel forward. Step R together.

5, 6 Touch L heel forward. Step L together

7, 8 Touch R heel forward. Step R together. (Optional: Finger snap at step together.)

(17-24) WALK FORWARD. TAP. WALK BACK. TAP.

1, 2, 3, 4 Walk forward L-R-L. Tap R forward.

5, 6, 7, 8 Walk back R-L-R. Tap L together. (Optional: Clap at tap.)

(25-32) WALK FORWARD. TAP. WALK BACK. TAP.

1, 2, 3, 4 Walk forward L-R-L. Tap R forward.

5, 6, 7, 8 Walk back R-L-R. Tap L together. (Optional: Clap at tap.)

(33-40) VINE LEFT. VINE RIGHT.

1, 2 Step L to left side. Cross R behind L.

3, 4 Step L to left side. Tap R to L.

5, 6 Step R to right side. Cross L behind R.

7, 8 Step R to right side. Step L together. (Optional: Clap at tap.)

(41-48) PADDLE LEFT.

1, 2 Step R forward. Turn 1/4 left on L. (9:00)

3, 4 Step R forward. Turn 1/4 left on L. (6:00)

5, 6 Step R forward. Turn 1/4 left on L. (3:00)

7, 8 Step R forward. Turn 1/4 left on L. (12:00)

Optional: Wave right arm lariat style with each turn.

HISTORICAL NOTE: Jerusalema the song, is a South African song of prayer. In November 2019 Nomcebo Zikode a singer/songwriter together with Master KG, a South African DJ & music producer recorded the track 'Jerusalema'. She sang in Zulu. In February 2020, the Angolan dance troupe Fenómenos do Semba created the dance in a backyard in Luanda, Angola, South-West Africa. The song & dance quickly became a symbol of hope amidst the fear & isolation brought by the Pandemic of Covid-19. Jerusalema became more than just a dance. It celebrated survivors & united countries in the hope to overcome the Pandemic in the form of international challenges. It now has thousands of repetitive routines. I have choreographed the dance for the first time as a contra line dance. Hope you take the challenge & do your own styling!

