Hallelujah

拍數: 48

牆數: 1

級數: Easy Improver 編舞者: Laila Bjerkeli Roknian (USA) - December 2024

音樂: Hallelujah - Pentatonix

#0 count intro, starts on the very first beat

Section #1: Shuffle Steps, Sweeps, Coaster Step

- Left shuffle forward (LF-RF-LF) 1&2
- 3&4 Right shuffle forward (RF-LF-RF)
- 5& Step back with LF while moving RF back in a sweeping motion
- 6& Step back with RF while moving LF back in a sweeping motion
- 7-8 Coaster Step - step forward with LF, step RF next to LF, step back with LF

Section #2: 2 x Scissor Steps, ½ L Pivot, ½ L shuffle

- Scissor step right step out with RF, step LF next to RF, cross RF over LF 1&2
- 3&4 Scissor step left - step out with LF, step RF next to LF, cross RF over LF
- 5-6 1/2 Pivot to the left. Keep LF planted and use RF to pivot 1/2 left
- 7-8 Shuffle around 1/2 L while turning back to front

Section #3: Weaves with recover

- 1-3 Left weave: Step LF to the left, cross RF over LF, step LF to the left, cross RF behind LF,
- step LF out to the left, cross RF over LF (&1&2&3)
- &4 Step down on LF, rock back on RF
- Right weave: Step RF to the right, cross LF over RF, step RF to the right, cross LF behind 5-7 RF, step RF out to the right, cross LF over RF (&5&6&7)
- &8 Step down on LF, rock back on RF

Section #4: Rolling Grapevine, Coaster Step, Sway right and left

- 1-3 Step left 1/4 turn left. On ball of LF 1/2 turn left stepping back right. On ball of RF make 1/4 turn left stepping left to left side. (Can be replaced with regular grapevine)
- 4 End with a coaster step
- 5-8 Step out with RF, move LF next to RF, step out with LF, move RF net to LF. Repeat.

Section #5: Two ½ turns.

- 1-3 Cross RF over LF, fold right and left arms across your chest, then slowly unwind while turning 1⁄2 L
- 4 HOLD
- 5-7 Cross RF over LF again and "unwind" feet while turning 1/2 Left, unfold arms while turning and raise them up
- 8 HOLD

Section \$6: Shuffles forward, Step-Touches Back

- 1&2 With arms raised, right shuffle forward
- 3&4 With arms raised (or swaying or whatever it feels right to do) – left shuffle forward
- 5-6 RF back, move LF next to RF
- 7-8 LF back, move RF next to LF

TAG: The 2 first verses have an instrumental section here, so do side shuffles or just step side to side for 4 counts before starting over again.