

Heavenly Rythm

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Anja Jensen (DK)
音樂: Teardrops in Heaven - Sanne Salomonsen



Sequence: AB, AB, Tag, CB, 1/2B

PART A

TAP RIGHT FOOT (2 TIMES), HEEL SWITCHES, CROSS STEP, HEEL JACK

- 1 Touch right toe diagonally forward to right and tap heel on the floor
- 2 Tap right heel on the floor, weight stays on left foot
- 3&4 Touch right heel forward, step right beside left, touch left heel forward
- &5 Step left foot beside right, cross right over left
- 6 Step left to left side
- 7&8 Cross right behind left, step left beside right, touch right heel forward to right

On count 1-2 point left finger forward with Rikki Lake attitude

CROSS UNWIND, HEEL AND TOUCH, WALK (2 TIMES), SHUFFLE

- &1 Right beside left, cross right over left
- 2 Unwind ½ turn right, (weight ends on left)
- 3&4 Touch right heel forward, right beside left, touch left toe back
- 5 Step left foot forward
- 6 Step right foot forward
- 7&8 Left shuffle forward (left, right, left)

CROSS STEP, HEEL JACK, CROSS STEP, HEEL JACK

- 1 Cross right over left
- 2 Step left to left side
- 3&4 Cross right behind left, left beside right, touch right heel diagonally forward to right
- &5 Right beside left, cross left over right
- 6 Step right to right side
- 7&8 Cross left behind right, right beside left, touch left heel diagonally forward to left

Suggestion: on count 1-4 lasso movements with right arm, count 5-8 lasso movements with left arm

STEP TURN (2 TIMES) SMOOTHLY HIP ROLLS

- &1 Left beside right, step forward right
- 2 Turn ½ turn to left with weight ending on left
- 3 Step forward right
- 4 Turn ½ turn to left with weight ending on left
- 5 Step right to right side (weight on left) and start rolling hips smoothly to left
- 6 Roll hips smoothly to right
- 7 Roll hips smoothly to left
- 8 Roll hips smoothly to right

On count 5-8 hold hands like pistols

1-32 Repeat the first 32 counts

PART B

ONE AND A ¾ TURN LEFT, HIP BUMPS

- 1 Step left to left side with ¼ turn to left
- 2 Turn ½ turn to left on ball of left foot, step right back
- 3 Turn ½ turn to left on ball of right foot, step left forward

- 4 Turn ½ turn to left on ball of left foot, step right back
- 5&6 Touch left toe forward and bump hips left - right - left (transferring weight to left)
- 7&8 Touch right toe forward and bump hips right - left - right (transferring weight to right)

STEP, FLICK, LOCKSTEP, ROCK STEP, COASTER STEP WITH ¼ TURN

- 1 Step left forward
- 2 Flick right leg back, by bending knee and click fingers at shoulder height
- 3&4 Step right forward, lock step left behind right, step right forward
- 5 Rock forward left
- 6 Recover weight back on right
- 7&8 Step back on left, step back on right with ¼ turn to right, step forward on left

HIP BUMPS, CROSS TOUCH, CROSS UNWIND

- 1&2 Touch right toe forward and bump hips right - left - right (transferring weight to right)
- 3&4 Touch left toe forward and bump hips left - right - left (transferring weight to left)
- 5 Cross right over left
- 6 Touch left to left side
- 7 Cross left over right
- 8 Unwind ½ turn to right (weight ends on left)

CROSS TOUCH (2 TIMES), HEEL BOUNCES

- 1 Cross right over left
- 2 Touch left to left side
- 3 Cross left over right
- 4 Touch right to right side
- 5 Step forward on right
- 6 Step left to left side
- 7 Lift both heels from floor and down again
- 8 Lift both heels from floor and down again

ONE AND ¾ TURN RIGHT, HIP BUMPS

- 1 Step right to right side with ¼ turn to right
- 2 Turn ½ turn to right on ball of right foot, step left back
- 3 Turn ½ turn to right on ball of left foot, step right forward
- 4 Turn ½ turn to right on ball of right foot, step left back
- 5&6 Touch right toe forward and bump hips right - left - right (transferring weight to right)
- 7&8 Touch left foot forward and bump hips left - right - left (transferring weight to left)

STEP, FLICK, LOCKSTEP, ROCK STEP, COASTER STEP WITH ¼ TURN

- 1 Step right forward
- 2 Flick left leg back, by bending knee and click fingers at shoulder height
- 3&4 Step left forward, lockstep right behind left, step left foot forward
- 5 Rock right foot forward
- 6 Recover weight back on left
- 7&8 Step back on right, step back on left with ¼ turn to left, step forward on right

HIP BUMPS, CROSS TOUCH, CROSS UNWIND

- 1&2 Touch left foot forward, and bump hips left-right-left (transferring weight to left)
- 3&4 Touch right foot forward, and bump hips right-left-right (transferring weight to right)
- 5 Cross left over right
- 6 Touch right to right side
- 7 Cross right over left
- 8 Unwind ½ turn to left

CROSS TOUCH (2 TIMES) HEEL BOUNCES

- 1 Cross left over right
- 2 Touch right to right side
- 3 Cross right over left
- 4 Touch left to left side
- 5 Step forward on left
- 6 Step right to right side
- 7 Lift both heels from floor and down again
- 8 Lift both heels from floor and down again

Suggestion: in the start of Part B when Sanne sings "teardrops in heaven" raise your arms and lower them while moving your fingers like raindrops

TAG

CROSS WALKS WITH HEEL TAPS AND FINGER SNAPS RIGHT & LEFT

- 1 Touch right foot over left and tap heel to the floor
- 2 Tap right heel on the floor (bend knees and upper body, turn face left, while you snap fingers on waist height twice.)
- 3 Touch left to left side, and tap heel on the floor
- 4 Tap left heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
- 5 Touch left foot over right and tap heel to the floor
- 6 Tap left heel on the floor (bend knees and upper body, turn face right, while you snap fingers on waist height twice.)
- 7 Touch right to right side, and tap heel on the floor
- 8 Tap right heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
- 9 Touch left foot over right and tap heel to the floor
- 10 Tap left heel on the floor (bend knees and upper body, turn face right, while you snap fingers on waist height twice.)
- 11 Touch right to right side, and tap heel on the floor
- 12 Tap right heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)
- 13 Touch right foot over left and tap heel to the floor
- 14 Tap right heel on the floor (bend knees and upper body, turn face left, while you snap fingers on waist height twice.)
- 15 Touch left to left side, and tap heel on the floor
- 16 Tap left heel on the floor (straighten your knees and body, snap fingers twice on waist height and look forward)

PART C

TAP RIGHT FOOT (2 TIMES), HEEL SWITCHES, CROSS STEP, HEEL JACK

- 1 Touch right toe diagonally forward to right and tap heel on the floor
- 2 Tap right heel on the floor, weight stays on left foot
- 3&4 Touch right heel forward, step right beside left, touch left heel forward
- &5 Step left foot beside right, cross right over left
- 6 Step left to left side
- 7&8 Cross right behind left, step left beside right, touch right heel forward to right

CROSS UNWIND, HEEL AND TOUCH, WALK (2 TIMES), SHUFFLE

- &1 Right beside left. Cross right over left
- 2 Unwind ½ turn right. (weight ends on left)
- 3&4 Touch right heel forward, right beside left, touch left toe back
- 5 Step left foot forward
- 6 Step right foot forward
- 7&8 Left shuffle forward (left, right, left)

CROSS STEP, HEEL JACK, CROSS STEP, HEEL JACK

- 1 Cross right over left
- 2 Step left to left side
- 3&4 Cross right behind left, left beside right, touch right feet diagonally forward to right
- &5 Right beside left, cross left over right
- 6 Step right to right side
- 7&8 Cross left behind right, right beside left, touch left heel diagonally forward to left

PADDLE TURNS (HALF TURN TOTAL) SMOOTHLY HIP ROLLS

- &1 Left beside right. Step forward on right
- 2 Turn $\frac{1}{4}$ turn to left, weight ending on left
- 3 Step forward on right
- 4 Turn $\frac{1}{4}$ turn to left, weight ending on left
- 5 Roll hips smoothly to left
- 6 Roll hips smoothly to right
- 7 Roll hips smoothly to left
- 8 Roll hips smoothly to right

On count 5-8 hold hands like pistols
