

Hail Mary!

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Shanthie De Mel (AUS) - October 2010
音樂: When the Saints Go Marching In - The Isley Brothers : (CD: Shout - 2:35)



Begin: Wt on right foot. 8 count Intro. Start on the word – “ saints ”

This dance commemorates the historic canonization by Pope Benedict XVI, of Sister Mary MacKillop of Australia, as Saint Mary of the Cross, the first Australian saint. She was born in Melbourne, & was the founder in 1867, of The Sisters of Saint Joseph of the Sacred Heart, the first Religious Order founded by an Australian. The nuns educate poor children. Hail Saint Mary of the Cross! May your life be an inspiration to us all. Good on ya, kind sista!

MARCH IN PLACE L- R- L- R, SHUFFLE SIDE, BACK ROCK, RETURN

1,2,3,4 March in place L, R, L, R, with hands joined in prayer position
5&6, 7, 8 Step L to left side, close R to L, step L to left side, rock R back diagonally, return L (12:00)

MARCH IN PLACE R- L- R- L, SHUFFLE SIDE, BACK ROCK, RETURN

1,2,3,4 March in place R, L, R, L, with hands joined in prayer position
5&6, 7, 8 Step R to right side, close L to R, step R to right side, rock L back diagonally, return R (12:00)

MARCH FWD L- R- L- R, STEP-SWAY LEFT, SWAY RIGHT

1, 2, 3, 4 March fwd L, R, L, R, with hands in prayer position & hold them so for next 4 counts.
5, 6, 7, 8 Step L to left side with a sway over 2 counts, sway to right side R in place for 2 counts (12:00)

FWD, PIVOT, MARCH L- R, 1/4 TURN RIGHT STEP-SWAY LEFT, SWAY RIGHT

1, 2, 3, 4 Step L fwd, pivot 1/2 right with wt on R, march fwd L, R,
5, 6 Turning 1/4 right & with hands in prayer position step L to left side with a sway for 2 counts
7, 8 Sway to right side R in place for 2 counts (9:00)

CROSS ROCK, RETURN, SHUFFLE SIDE, BACK ROCK, RETURN, SCUFF-BALL-STEP

1, 2, 3&4 Cross rock L over R, return R, step L to left side, close R to L, step L to left side
5, 6, 7&8 Rock R back diagonally, return L, scuff R fwd, step down on ball of R, step L place (9:00)

FWD ROCK, RETURN, SHUFFLE BACK, BACK ROCK, RETURN, SCUFF-BALL-STEP

1, 2, 3&4 Rock R fwd, return L, step back R, close L to R, step back R
5, 6, 7&8 Rock L back, return R, scuff L fwd, step down on ball of L, step R in place (9:00)

FWD, PIVOT 1/2 RIGHT, FWD-LOCK-FWD, FWD, TAP, SHUFFLE BACK

1, 2, 3&4 Step L fwd, pivot 1/2 right with wt on R, step L fwd, lock R behind L, step L fwd (3:00)
5, 6, 7&8 Step R fwd, tap L toe behind R heel, step back L, step R together, step L back

BACK ROCKING CHAIR, SAILOR RIGHT, 1/4 RIGHT TURN SIDE, SIDE

1, 2, 3, 4 Rock back R, return L, rock fwd R, return L
5&6 Step R behind L, step L to left side, step R to right side (3:00)
7, 8 Turning 1/4 right step L to left side, step R to right side (6:00)

Ending: The song ends facing 12:00, 4 counts after the last wall. Hold, with hands in prayer position.