

Leesha

拍數: 52 牆數: 2 級數: Phrased Improver
編舞者: Karen Hannaford (NZ) - December 2013
音樂: I Hear Leesha - Michael W. Smith : (Album: I to Eye)



Description: Sequenced ABC AB ABC ABBC AABCC AAAA(16 counts)
The sequence is not as hard as it looks – it can be heard easily in the music (really!)

Begin after 8 counts (on lyrics)

PART A – 32 counts

[1-8] FWD, CROSS-SIDE-BEHIND, SIDE, FWD CROSS-SIDE-BEHIND, SIDE.

- 1,2&3,4 Step L fwd sweeping right from back to front, cross R over left, step L to side, step R behind left, step L to side. 12:00
- 5,6&7,8 Step R fwd sweeping left from back to front, cross L over right, step R to side, step L behind right, step R to side. 12:00

[9-17] CROSS ROCK, RECOVER, TOG, CROSS ROCK, RECOVER, ¼ R, FWD, ½ SWEEP, SWEEP, BEHIND-SIDE-CROSS

- 1,2& Cross rock L over right, recover weight to R, step L together 12:00
- 3,4& Cross rock R over left, recover weight to L, turn ¼ right and step R slightly fwd 3:00
- 5,6,7, Step L fwd, Turn ½ left stepping back on R and sweeping left to the back, step L back sweeping right to the back. 9:00
- 8&1 Step R behind left, step L to side, cross R over left (just on toe, ready to unwind) 9:00

[18-24] UNWIND ½, COASTER STEP, LOCK STEP FWD, ¼ R SIDE ROCK, RECOVER.

- 2,3&4 Unwind ½ left taking weight onto R, step back on L, step R together, step L fwd. 3:00
- 5&6 Step R fwd, lock L behind right, step R fwd. (moving on a slight diagonal right but still facing 3:00) 3:00
- 7,8 Turn ¼ right and rock L to left side, recover weight to R. 6:00

[25-32] BEHIND-SIDE-CROSS, SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS, SIDE ROCK, RECOVER

- 1&2,3,4 Step L behind right, step R to side, step L across right, rock R to side, recover weight on L 6:00
- 5&6,7,8 Step R behind left, step L to side, step R across left, rock L to side, recover weight on R 6:00

PART B – 12 counts. Starts facing 6:00

[1-8] ¾ SHUFFLE, ½ SHUFFLE, BACK ROCK, RECOVER, SPIRAL, FWD, ¼, TOGETHER

- 1&2 Turn ¾ left stepping L,R L. 3:00
- 3&4 Turn ¼ left and step R to side, step L together, turn ¼ L and step R back 9:00
- 5&6 Rock L back, recover weight on R, Stepping fwd on L turn a full turn right slightly hitching right leg (spiral turn) 9:00
- 7,8& Step R fwd, turn ¼ right and step L to side, step R together. 6:00

[9-12] SIDE ROCK, RECOVER, TOGETHER, SIDE ROCK, RECOVER, TOGETHER

- 1,2& Rock L to side, recover weight on R, step L together 6:00
- 3,4& Rock R to side, recover weight on L, step R together 6:00

PART C – 8 Counts, Starts facing 6:00

[1-8] CROSS ROCK, RECOVER, TOGETHER, CROSS ROCK, RECOVER, TOGETHER, ½ PIVOT, ½ PIVOT

- 1,2& Cross rock L over right, recover weight on R, step L together 6:00
- 3,4& Cross rock R over left, recover weight on L, step R together. 6:00
- 5,6,7,8 . Step L fwd, pivot ½ taking weight on R, step L fwd, pivot ½ taking weight on R. 6:00

I want to dedicate this dance to all those who have gone home to Jesus far sooner than we wanted or expected them to.

This song has long been a favourite of mine. Just recently I realised it was making me think of quite a few people.

At the time of choreography, there were 5 people I was really dancing for.

Sarah Jane - a school friend, died 1989 at 19 years, motorbike accident.

Mum - we lost in 2008 to Alzheimers at just 64 years of age.

Barb - My son's teacher, lost to cancer in 2011 at 54. Barb was more like extended family than a teacher.

Ford - brother of a friend, 2012, truck accident, 18years.

Ben, just a little baby, so sweet. Son of a friend of a friend, 2013.

Thank you all for touching my heart, even the two I never met. Despite the sadness, it makes me smile to think of you singing in Heaven.

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