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| Hallelujah! (哈雷路亞!) (zh) |  |

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| **Compte:** | 96 | **Mur:** | 4 | **Niveau:** | Intermediate | . |
| **Chorégraphe:** | Niels Poulsen (DK) - 2010年09月 |
| **Musique:** | Hallelujah - Lee Dewyze : (3:39) |
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**前奏： Intro: Start after 24 counts, app. 7 secs into track**

**第一段**

**Fw L, slow R sweep, jazz ¼ R, repeat counts 1-6**

**左前踏, 右慢繞, 右1/4三步爵士, 重覆一次**

**1 – 3**

**Step fw on L (1), start sweeping R fw (2), complete your R sweep fw (3)**

**左足前踏, 右足以2拍慢慢繞向前**

**4 – 6**

**Cross R over L (4), turn ¼ R stepping back on L (5), step R to R side (6)  右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏**

**7 – 9**

**Step fw on L (7), start sweeping R fw (8), complete your R sweep fw (9)**

**左足前踏, 右足以2拍慢慢繞向前**

**10 – 12**

**Cross R over L (10), turn ¼ R stepping back on L (11), step R to R side (12)  右足於左足前交叉踏, 右轉90度左足後踏, 右足右踏**

**第二段**

**Fw L, slow R lift, slow R back rock, fw L, slow R sweep, jazz ½ R**

**左前踏, 右慢抬, 慢後下沉, 左前踏, 右慢繞, 右1/2爵士**

**1 – 3**

**Step fw on L (1), start lifting R leg fw (2), complete R leg lift (3)**

**左足前踏, 右足以2拍慢慢前抬**

**4 – 6**

**Step back on R (4), start twisting upper body slightly to R (5), finish twist to R side (6)  右足後踏, 身體以2拍略轉向右**

**7 – 9**

**Step onto L (7), start sweeping R fw (8), complete R sweep fw (9)**

**左足踏, 以2拍右足向前繞**

**10 – 12**

**Cross R over L (10), turn ¼ R stepping back on L (11), turn ¼ R stepping fw on R (12)  右足於左足前交叉踏, 右轉90度左足後踏, 右轉90度右足前踏**

**第三段**

**Fw L, full spiral turn R, run R L R fw, L basic fw, R basic back**

**左前踏, 右轉圈, 跑 跑 跑, 左華爾滋, 右華爾滋**

**1 – 3**

**Step fw on L (1), start full spiral turn R (2), complete full spiral turn – weight L (3)  左足前踏, 以2拍右轉圈(重心在左足)**

**4 – 6**

**Step fw on R (4), run fw on L (5), run fw on R (6)**

**右足前踏, 左足前跑, 右足前跑**

**7 – 9**

**Step fw on L (7), step R next to L (8), change weight to L (9)**

**左足前踏, 右足併踏, 重心在左足**

**10 – 12**

**Step back on R (10), step L next to R (11), change weight to R (12)**

**右足後踏, 左足併踏, 重心至右足**

**第四段**

**Full turn box R  以方塊步(右90華爾滋)方式右轉圈**

**1 – 3**

**Turn ¼ R stepping L to L side (1), step R next to L (2), change weight to L (3)  右轉90度左足左踏, 右足併踏, 重心至左足**

**4 – 6**

**Turn ¼ R stepping R to R side (4), step L next to R (5), change weight to R (6)  右轉90度右足右踏, 左足併踏, 重心至右足**

**7 – 9**

**Turn ¼ R stepping L to L side (7), step R next to L (8), change weight to L (9)  右轉90度左足左踏, 右足併踏, 重心至左足**

**10 – 12**

**Turn ¼ R stepping R to R side (10), step L next to R (11), change weight to R (12)  右轉90度右足右踏, 左足併踏, 重心至右足**

**第五段**

**Cross, full unwind R, step on R, L side rock, fw L with sweep, fw R with sweep  交叉, 右繞轉圈, 右踏, 左下沉 回復, 左前踏 繞, 右前踏 繞**

**1 – 3**

**Cross L over R (1), start unwinding full turn R (2), complete full unwind – weight L (3)**

**左足於右足前交叉踏, 右足以2拍向右繞轉圈(重心在左足)**

**4 – 6**

**Step down on R (4), rock L to L side (5), recover weight to R (6)**

**右足踏, 左足左下沉, 右足回復**

**7 – 9**

**Step fw on L sweeping R fw (7), continue sweeping R fw (8), complete R sweep fw (9)  左足前踏, 右足以2拍向前繞**

**10 – 12**

**Step fw on R sweeping L fw (10), continue sweeping L fw (11), complete L sweep fw (12)  右足前踏, 左足以2拍向前繞**

**第六段**

**Step L fw, ¼ sweep L, weave, step L with L twist, step R with R twist**

**左前踏, 1/4繞, 藤步, 左踏 轉向左, 右踏 轉向右**

**1 – 3**

**Step down on L (1), turn ¼ L on L starting to sweep R fw (2), complete R sweep fw (3)**

**左足踏, 左轉90度右足以2拍繞向前**

**4 – 6**

**Cross R over L (4), step L to L side (5), cross R behind L (6)**

**右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏**

**7 – 9**

**Step L to L side (7), start twisting upper body slightly to L side (8), finish L twist (9)  左足左踏, 上半身以2拍向左旋轉**

**10 – 12**

**Step R to R side (10), start twisting upper body slightly to R side (11), finish R twist (12) \*  右足右踏, 上半身以2拍向右旋轉**

**Restart: After 72 counts during your 2nd wall. You’ll be facing 6:00 when starting your 3rd wall  第二面牆跳至此會面向6點鐘, 從頭起跳**

**第七段**

**¼ basic L, ½ basic L, ½ L with slow sweep, weave**

**左1/4華爾滋, 轉華爾滋, 左轉 慢繞, 藤步**

**1 – 3**

**Turn ¼ L stepping fw on L (1), step R next to L (2), change weight to L (3)  左轉90度左足前踏, 右足併踏, 重心至左足**

**4 – 6**

**Turn ½ L stepping back on R (4), step L next to R (5), change weight to R (6)  左轉180度右足後踏, 左足併踏, 重心至右足**

**7 – 9**

**Turn ½ L stepping fw on L starting to sweep R fw (7), continue sweep (8), finish sweep (9)  左轉180度左足前踏, 右足以2拍繞向前**

**10 – 12**

**Cross R over L (10), step L to L side (11), cross R behind L (12)**

**右足於左足前交叉踏, 左足左踏, 右足於左足後交叉踏**

**第八段**

**Step L to L, slide R to L, chasse ¼ R, fw L, full turn R, R basic fw**

**1 – 3**

**Step L a big step to L side (1), slide R towards L (2), twist upper body slightly to L side (3)**

**左足左一大步, 右足滑併踏, 身體略轉向左**

**4 – 6**

**Step R to R side (4), step L next to R (5), turn ¼ R stepping R fw (6)**

**右足右踏, 左足併踏, 右轉90度右足前踏**

**7 – 9**

**Step fw on L (7), start turning full turn R on L sweeping R around (8), complete turn (9)  左足前踏, 以2拍右繞轉圈**

**10 – 12**

**Step fw onto R (10), step L next to R (11), change weight to R (12)**

**右足前踏, 左足併踏, 重心移至右足**

**During counts 85-96 on 4th wall (facing 9:00) the music slows down. Slow down your steps with the music and return to normal speed from wall 5, now facing 12:00**

**第四面牆(面向9點鐘)跳到這一段, 音樂會慢下來, 腳步配合音樂慢下來, 到面向12點鐘起跳第五面牆時, 節奏才恢復正常**

**Ending**

**On wall 7, facing 6:00, do up to count 48 then cross L over R, unwind slowly to face 12:00  第七面牆跳至48拍會面向6點鐘, 左足於右足前交叉踏, 慢慢繞轉面向12點鐘**