

How Glad I Am

拍数: 68 墙数: 1 级数: Phrased Intermediate
编舞者: William Sevone (UK) - November 2013
音乐: How Glad I Am - Nancy Wilson : (many compilations)



Dance Sequence:- A – A – B – A – TAG – A (25-36) – A (25-36).

Choreographers note:- Remember to use the down beat to time the dance – not the rhythm

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts on the main vocals.

PART A

2x Side Step-Drag-Tap (12:00)

- 1 Large step right to right side.
- 2 – 4 Drag left next to right over 2 counts. Tap left next to right
- 5 Large step left to left side.
- 6 – 8 Drag right next to left over 2 counts. Tap right next to left

2x Sway. Recover. 3/4 Sweep. 1/4 Sweep. Side Cross (12:00)

- 9 – 11 Sway right to right side. Sway onto left. Recover weight onto right.
- 12 – 13 Sweep left foot turning $\frac{3}{4}$ right & step left to left side (9)
- 14 continue sweep – Turn $\frac{1}{4}$ right & sweep right behind left (12).
- 15 – 16 Step left to left side. Cross right over left.

Side. 3/4 Sweep. 1/4 Sweep. Sway. Sway. 2x Sway Diagonal. Sway (12:00)

- 17 – 19 Step left to left side. Sweep right foot turning $\frac{3}{4}$ left & step right to right side (3)
- 20 continue sweep – Turn $\frac{1}{4}$ left & sweep left behind right (12).
- 21 – 22 Sway right to right side. Sway onto left diagonally forward left.
- 23 – 24 Sway onto right diagonally forward right. Sway left to left side.

Recover. Forward. Rock. Recover. 2x Diagonal Back-Touch (12:00).

- 25 – 26 Recover weight onto right. Step forward onto left.
- 27 – 28 Rock forward onto right. Recover onto left.
- 29 – 30 sweeping right foot – Cross right diagonally left behind left. Touch left to left side
- 31 – 32 Cross left diagonally right behind right. Touch right to right side.

2x Diagonal Fwd-Touch (12:00)

- 33 – 34 Cross right diagonally forward left. Touch left to left side.
- 35 – 36 Cross left diagonally forward right. Touch right next to left.

PART B

2x Diag-Lock-Step-Lockstep (10:30)

- 1 – 2 Step right diagonally right (1.30). Lock left behind right
- 3 & 4 Step right diagonal forward right, lock left behind right, step right diagonal forward right (1.30)
- 5 – 6 Step left diagonally forward left (10.30). Lock right behind left.
- 7 & 8 Step left diagonally forward left, lock right behind left, step left diagonally forward left (10.30)

2x Sway. 1/2 Sway. Sway. 1/4 Sway. 3/4 Forward. Step-Lockstep (6)

- 9 – 10 straighten up to face 12 – Sway right to right side. Sway onto left.
- 11 – 12 Turn $\frac{1}{2}$ right & sway right to right side (6). Sway onto left.
- 13 – 14 Turn $\frac{1}{4}$ left & step right to right side (3). Turn $\frac{3}{4}$ left & step forward onto left (6).
- 15 & 16 Step forward onto right, lock left behind right, step forward onto right.

'HOW GLAD I AM' Part 2 of 2

2x Diagonal Fwd Sway. Behind. Unwind 1/2 Side. 1/4 Chasse. 1/4 Back. Back (6)

- 17 – 18 Sway diagonally forward left onto left foot. Sway diagonally forward right onto right foot.
- 19 – 20 Cross left behind right. Unwind $\frac{1}{2}$ left & step left to left side (12).
- 21 & 22 Turn $\frac{1}{4}$ left & step right to right side (9), step left next to right, step right to right side.
- 23 – 24 Turn $\frac{1}{4}$ left & step backward onto left (6). Step backward onto right.

Diagonal Back Touch. 3x Forward. Diagonal Back Touch. Fwd. $\frac{1}{2}$ Back. Touch Together (12:00)

- 25 – 26 turning upper body left – Touch left toe diagonally back left. Step forward onto left
- 27 – 28 Step forward onto Right. Step forward onto left.
- 29 – 30 turning upper body right – Touch right toe diagonally back right. Step forward onto right
- 31 – 32 Turn $\frac{1}{2}$ left & step backward onto left (12). Touch right next to left.

TAG: After 3rd PART A (see sequence in main heading)

- 1 – 2 Rock forward onto right. Recover onto left.
- 3 – 4 Rock backward onto right. Recover onto left.

AFTER TAG: Repeat Counts 25 to 36 of PART A TWICE to finish the dance.
