

Prayers

拍數: 0 牆數: 0 級數:
編舞者: Sydney Berman & Sue-Hsien Mou (USA)
音樂: Eyes Like Yours (Ojos Así) - Shakira



Sequence: Intro (I1-D-I2) ABCD ABCDE C
This dance is choreographed in praying for world peace.

INTRO - PART I1 (Full intro is parts I1, D, and I2)

These first 24 counts of the intro are optional, since the music starts right away and there is no beat to follow
PLIE & PRAYING PALMS, RETURN, WAVING ARMS, ARMS DOWN OUTWARD TO OVERHEAD & FLUTTER HANDS DOWN

- 1-2 Step right to right, arms outs and sweep upward form praying palm on top of head
- 3-4 Plie and bring down praying palms to chest
- 5-6 Stand up and bring up palms to top of head
- 7-8 Return right home and arms out to side (return to normal stance)

- 9-16 Alternate waving right & left arms up and down 4 time
- 17-20 Both arms sweep upward to top of head in 4 counts
- 21-24 Flutter both palms as you bring them down in front of self

PART D

RIGHT JAZZ KNEE & TURN, LEFT JAZZ KNEE, REPEAT

- 1-2 Hitch right knee and tiny hop on left foot, step right to right
Right arm stretch to right, left arm stretch to front, both palms are ¼ turn
- 3-4 Left cross in front of right, right to right side and ½ swivel to right
Now facing back wall (arms slowly return to sides)
- 5-8 Repeat 1-4 starting left knee, no swivel, ending right toe touch next to left
Still facing back wall
- 9-16 Repeat 1-8, ended facing front

PART I-2

CROSS TOUCH WITH ARMS SWING TO SAME SIDE, LEFT-RIGHT-LEFT-RIGHT. SIDE CROSS SIDE TOGETHER WITH WINDMILL ARMS, PENDULUM FOOT WITH ARMS

- 1-2 Step right across front of left, touch left heel to left
Swing both arms to left in 2 counts. Palms are ¼ turn angled to arms
- 3-4 Reverse 1-2 starting left across right (step left across right, touch right heel to right with both arms swing from left to right)
- 5-8 Repeat 1-4

- 9-10 Step right behind left, touch left toe to left (arms still swinging)
- 11-12 Reverse 9-10 beginning left behind right
- 13-16 Repeat 9-16

- 17-20 Step right to right, cross left in front of right 2 times whiles both arms windmill from down to right to top to left 2 times
- 21&22 Touch right to right, bring back right to home and touch left to left
Both arms swing from right to left. Angle palms
- &23&24 Bring back left to home (step on) touch right to right (arms swing left back to right), right to home & touch left to left (arms swing right to left)
- 25-32 Reverse 17-24 starting left foot to left

PART A

STEP BRUSH, BOX OVER BOTH SIDES, ¼ PIVOT 2 X, 1/8 PEDAL TURN 4 X REPEAT

1-4 Step right, brush left, step left across right, right home

5-8 Repeat on other side

8-12 Touch right in front, pivot ¼ to left 2 times

Pivot with hip roll motion. Right arms up with palm rolling motion. For a man, this can be modified to stretch arm and roll in forearm and punch out with fist

Facing back wall

13&14&15&16 Right as paddle, 1/8 turn to left, 4 times. The 4th time step on right (facing front)

Hand motion are the same as 8-12 but double time. Men can use both arms, upper arms out to both sides, forearms ¼ turn upward and jerk upper body with U shapes arms to right at count 13, recover at count 14, repeat as you paddle turn. Step on right foot at last count

17-32 Reverse 7-16 starting on left foot

PART B

PLIE & OPEN ARM, CLOSE & TURN 2 X, SIDE SNAKE, 2 TO RIGHT, 2 TO LEFT REPEAT

1-2 Open right to right, plie

Arms open, right angle elbows, palms up

3-4 Close left to right & hinge turn on right ½ to right and close arms palms praying in front of chest

5-6 Open left to left plie, arms open with right angle elbows, palms up. (facing back wall now)

7-8 Close right to left, palms back to praying in front of chest

9-11 Step right to right; arms out to side, body roll to right, step left to right. 2 times

13-16 Step left to left; arms out to side, body roll to left, step right to left. 2 times

17-32 Repeat 1-16 ended facing front

PART C

BRUSH, STOMP, HIP BUMP 2 X. STEP DRAG, STEP DRAG, OUT OUT IN IN 2 TIMES, STEP TOUCH, STEP TOUCH, HIP ROLL. 2 X. FULL TURN AND TOUCH BODY JERK ROLL DOWN & UP 2 X, SHUFFLE DIAGONAL BACK, AND ROCK HIP LEFT-RIGHT-LEFT-RIGHT 2 X

1-4 Brush right, stomp right diagonal to right, hip bump to corner 2 times

5-8 Brush left, stomp left diagonal to left, hip bump to corner 2 times

9-12 Step right diagonal back and drag left to right, step left diagonal back and drag right to left

13&14&15&16& Right out & left out, right in & left in. Again out-out-in-in

Raise right hands when out-out, bring back right hands when in-in. Left hand on waist all the time

17-24 Step right touch left, step left touch right, hip roll to the left 2 times

Raise right arm on 1, flick palm out on count 2, left arm up on 3, flick left palm on 4, drop both arms after hip roll

25-32 Step left touch right, step right touch left, hip roll to the right 2 times

Raise left arms, flick left palm, raise right arm, flick right palm

33-36 Step right-left-right make a full turn, (step right make ¼ turn to right, step left cross right ¼ turn to right. Step right ½ to right) touch left out on 4th. Count with both arms out stretch to sides, palms at a right angle

Facing 3:00

37-40 Jerk body 2 times, roll down body and arms on 3rd count, recover and flick arms up with left knee hitch on 4th count

For men, instead of roll in body, stomp left foot home, cross arms in front of chest on 3rd count and hitch left knee, open arms to V shape on 4th count.

41-48 Reverse 33-40 turning to left

49&50&51&52& Diagonal back tap right toe, drag left to right 4 times

Arms sweep down toward top in 4 counts

53-56 Rock hip left-right-left-right. Hands on top of head

For men, create your own hand motion

57-64 Reverse 49-56 on left side shuffle, hip rocks

PART D

RIGHT JAZZ KNEE & TURN, LEFT JAZZ KNEE, RIGHT JAZZ KNEE & TURN, LEFT JAZZ KNEE

Part D is like a connection in between different phrase of music. The 3rd time when D comes up, it will be 4 sets of 16 counts. The 3rd sets will be facing 9:00 traveling toward 12:00 turn & facing 3:00. 4th set facing 3:00 turn & come back facing 12

PART E

STEP BEHIND, SWAY SWAY, STEP BEHIND SWAY SWAY. CLOSE KNEE & ARMS THEN OPEN BOTH, REPEAT TO THE OTHER SIDE. STOMP & CLAP CLAP, STOMP & CLAP CLAP

- 1-4 Step right to right, step left behind right. Step right to right, sway weight back to left
- 5-8 Repeat 1-4
- 9-12 Bring right home, close knee & fold body (arms in on count 9, hold on 10), Open knee, body up & arm open (form V on count 11, hold on 12)
- 13-16 Repeat 9-12
- 17-32 Reverse 1-16 to left side
- 33&34 Stomp right in front clap hands 2 times
- 35&36 Stomp left in front, clap hands 2 times

When last C ends with music, do a nice ending. Arms outward sweep from bottom to top over head and flutter hands as you bring it down.
