We're In Heaven



拍數: 0 牆數: 4 級數: Improver

編舞者: Christopher Petre (USA) & Alexandra Petre

音樂: Heaven - DJ Sammy & Yanou



Sequence: A-B-A, A-B-A through out

It may be easier to think of this dance as a 72 count, 2 wall non-phrased dance where counts 41 through 72 are simply repeating counts 1-32!

PART A

ROCK, RECOVER, COASTER STEP, STOMP, HOLD, FLAG YOUR ARMS

1-2 Step right forward, rocking weight over foot, rock weight back onto left

3&4 Step right back, step together left, step forward right

5-6 Stomp left forward and hold

7 Point right hand to right side with bent elbow & Point left hand to left side with bent elbow

8 Extend right arm up pointing upward, lowering left to side

ROCK FORWARD, ROCK BACKWARDS, STEP-TURN-SIT, SHRUG, SHRUG

1-2 Step right forward, rocking weight over foot, rock weight back onto left 3-4 Step right backward, rocking weight back, rock weight back onto left

5 Step right forward

Keeping weight on right, turn ½ left, and bend knees into a "sit" position & lean back twisting 6

torso to face right diagonal

Weight stays back on right

Shrug shoulders up down, up down &7&8

AND STEP HOLD, STEP HOLD, JAZZ WALK, JAZZ WALK, BUMP BUMP

&1-2 Take weight left, step forward right, and hold

3-4 Step forward left, hold

5-6 Step forward on right, rolling right hip out, step forward left, rolling left hip out Step forward right and, bump hips to right side twice, weight remains on right 7-8

STEP, TURN, SHUFFLE STEP, HEEL AND HEEL, AND ROCK QUARTER TURN

1-2 Step forward left, pivot ½ turn right, weight on to right

3&4 Shuffle forward left, right, left 5 Touch right heel forward

Step right next to left, touch left heel forward 86

&7 Step left next to right, step right to right side, rocking weight out over right foot Step left in place making a ¼ turn left (part a finishes ¼ turn left- 9:00 wall) 8

PART B

Will always be facing on a side wall, either 9:00 or 3:00

STEP HOLD, TURN HOLD, STEP HOLD, TURN-SAFE, SAFE

1-2 Step forward right, hold

Pivot ½ turn left, weight on left, hold 3-4

5-6 Step forward right, hold

Turn ½ turn left keeping weight back on right, cross hands in front of waist, palms down & 7

As if making a "safe" call at a baseball game, swing arms out while bending knees down into

a "sit"

& Straighten up and re-cross hands in front of waist

- 8 Again, as if making a "safe" call at a baseball game, swing arms out while bending knees down
- & Straighten up and take weight onto your left (to start Part A rocking forward right!)