

Hallelujah !



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Music: Contact choreographers - the music is soon to be pressed on the STAR label.

Suggested Speed: 27 MPM (Measure per Minute)

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: West Coast Swing VI

Sequence: **Intro A A B A C B A Ending**

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Meas

INTRO

1-4

WAIT; SD TAP CHASSE; HIP ROLLS; THROW OUT M TRANS;

- 1 Wait in SHADOW Pos M slightly bhnd & L sd of W both fcg WALL wgt on R for both L ft pointed sd twd LOD L-hnds jnd M's R-hnd on W's R-shoulder blade W's R-hnd extended sd; (same footwork)
- 1-3a4 2 **{Sd Tap Chasse}** Sd L, tap R bhnd L, chasse R twd RLOD R/L, R;
- - - - 3 **{Hip Rolls}** Keeping wgt on R roll hips CCW twice;
1-3a4 4 **{Throw Out M Trans}** Sd L, tap R bhnd L leading W fwd w/ jnd L-hnds & release, trng LF
(W 123a4) to fc LOD anchor stp R/L, R joining lead hnds (W sd L, trng LF to fc LOD fwd R, cont trng LF to fc RLOD anchor stp L/R, L) end in LOP Fcg Pos M fcg LOD; (now opposite footwork)

PART A

1-8

SUGAR PUSH - TUCK & SPIN to HAMMERLOCK;;; BK PASS M TRANS;

BK-to-BK PEEK-A-BOO;; W FREE ROLL OUT M TRANS;;

- 12-45a6 1-3 **{Sugar Push}** LOP Fcg Pos M fcg LOD bk L, bk R, tap L fwd (W tap R bhnd L) touching trailing hnds, fwd L pushing away W; Anchor stp R/L, R,
- 12-45a6 **{Tuck & Spin to Hammerlock}** Bk L, bk R; Tap L fwd joining trailing hnds, fwd L raising jnd lead hnds to lead W spin RF keep trailing hnds low, anchor stp R/L, R lowering lead hnds (W fwd R, fwd L; Tap R bhnd L with slight trn to R, trn RF under jnd lead hnds fwd R spinning RF to fc M, anchor stp L/R, L) end in HAMMERLOCK Pos M fcg LOD (W fcg RLOD) R-hips adjacent jnd lead hnds at M's L-waist jnd trailing hnds at W's R-hip (W's L-arm bhnd her bk);
- 123a456 4-8 **{Bk Pass M Trans}** Bk L, rec R raising jnd lead hnds, passing under jnd lead hnds fwd L/
(W 123a45a6) cl R, fwd L; Sd R, cl L (W fwd R, fwd L, sd R/cl L, sd R; Anchor stp L/R, L) end in Bk-to-Bk Pos M fcg LOD (W fcg RLOD) both hnds jnd & extended sd, (now same footwork)
- 1-3-5-7- **{Bk-to-Bk Peek-A-Boo}** Sd R small stp bending R-elbow looking at ptr over L-shoulder, hold; Shift wgt to L bending L-elbow looking at ptr over R-shoulder, hold, repeat;;;
- 1--45a6 **{W Free Roll Out M Trans}** Shift wgt to R leading W trn RF w/ jnd lead hnds releasing
(W 123a45a6) trailing hnds, hold releasing lead hnds; Hold, shift wgt to L, anchor stp R/L, R (W shift wgt to R comm trng RF, cont trng RF fwd L twd LOD; Step almost in pl R/L, R spinning RF 1-1/2 to fc M & RLOD, anchor stp L/R, L) end in LOP Fcg Pos M fcg LOD; (now opposite footwork)

9-12

UNDERARM TRN w/ KICKS - R SD PASS to SHADOW - X WALKS 4 w/ SPIN ENDING;;;;

- 12-4-6 9-12 **{Underarm Trn w/ Kicks}** LOP Fcg Pos M fcg LOD bk L, rec R trng RF 1/4 to fc WALL
(W 123a45a6) raising jnd lead hnds to lead W fwd, kick L sd, XLIF; Kick R sd, XRIF joining R-hnds (W fwd R, fwd L trng LF 1/4, passing under jnd lead hnds sd R/XLIF, sd R; Trng LF 1/4 to fc M sailor shuffle XLIB/sd R, sd L) end in momentary L-Shape Pos M fcg WALL (W fcg LOD) R-hnds jnd,
- 12-4 **{R SD Pass to Shadow}** Trng LF 1/4 to fc LOD fwd L leading W fwd, rec R; Tap L fwd
(W 123a4) leading W spin LF, fwd L raising jnd R-hnds to place jnd R-hnds on W's R-shoulder (W fwd R, fwd L to M's R sd, step almost in pl R/L, R spinning LF one full trn to fc LOD) end in Modif SHADOW Pos both fcg LOD M slightly bhnd & L sd of W jnd R-hnds on W's R-shoulder free L-hnds extended sd,
- 12345a6 **{X Walks 4 w/ Spin Ending}** Progressing along LOD XRIF, XLIF; XRIF, XLIF, leading W
spin RF w/ jnd R-hnds anchor stp R/L, R (W progressing along LOD XLIF, XRIF; XLIF, XRIF, step almost in pl L/R, L spinning RF 1-1/2 to fc M) end in LOP Fcg Pos M fcg LOD;

PART B

- 1-8 **DBL TUMMY SURPRISE - UNDERARM TRN w/ M's HOOK TRN to TANDEM;;; R SD PASS w/ TUCK & SPIN - OPPOSITION LUNGES w/ W's RONDE;;;**
- 123a45678 1a2 1-4 **{Dbl Tummy Surprise}** LOP Fcg Pos M fcg LOD bk L, releasing jnd lead hnds rec R slightly across body moving to W's R sd placing R-hnd on W's R-hipbone, trng RF 1/4 sd L/ rec R cont trng RF 1/4 to fc RLOD, sd & fwd L (W fwd R, fwd L, fwd R/cl L, bk R) end momentary in TANDEM Pos both fcg RLOD M bhnd W slightly to her L sd; Sliding R-hnd to W's bk fwd R checking, rec L, placing L-hnd on W's L-hipbone bk R, rec L; Trng RF 1/4 XRIB releasing L-hnd/cont trng RF 1/4 to fc LOD sd & fwd L small stp, stp R in pl joining lead hnds (W bk L, rec R, fwd L, rec R; Anchor stp L/R, L) end in LOP Fcg Pos M fcg LOD,
- 123a45a6 **{Underarm Trn w/ M's Hook Trn to Tandem}** Bk L, rec R trng RF 1/4 raising jnd lead hnds; Sd L leading W trn LF under jnd lead hnds/rec R trng RF 1/4 to fc RLOD, sd & fwd L, comm trng RF 1/2 XRIB/cont trng RF stp L almost in pl joining R-hnds bhnd bk, stp in pl R (W fwd R, fwd L; Trng LF 1/4 under jnd lead hnds sd R/XLIF, sd R, trng LF 1/4 to fc M anchor stp L/R, L) end in TANDEM Pos W bhnd M both fcg LOD R-hnds jnd;
- 12-45a6 5-8 **{R Sd Pass w/ Tuck & Spin}** Fwd L leading W fwd, rec R, tap L fwd tucking W in LF, fwd L leading W spin RF w/ jnd R-hnds & release; Anchor stp R/L, R (W fwd R, fwd L, swiveling LF 1/2 on L tap R next to L, bk R comm spinning RF one full trn; Stp almost in pl L/R, L cont spinning RF to fc M) end in LOP Fcg Pos M fcg LOD,
- 1-3---7- -2
(W 123-5a67- -2) **{Opposition Lunges w/ W's Ronde}** Trng LF 1/4 sd L twd RLOD joining trailing hnds, hold; Lunge sd R twd LOD flexing knee, hold, straightening R knee raise jnd lead hnds to lead W trn LF under jnd lead hnds, hold; Trng RF 1/4 to fc LOD bk L flexing knee R ft extended fwd, hold, draw R to L, cl R (W fwd R, fwd L passing M's L sd; Trng LF 1/4 lunge sd R twd RLOD flexing knee, hold, rec L comm trng LF under jnd lead hnds/fwd R cont trng LF under jnd lead hnds, completing LF trn to fc WALL sd L twd LOD; XRIF flexing knee L ft extended sd bhnd L, hold, swiveling RF on R ronde L CW, complete swiveling RF to fc M cl L) end in LOP Fcg Pos M fcg LOD;

PART C

- 1-8 **L CIRCLE PASS;; WHIP w/ INSIDE TRN to SHADOW TRANS;; SHADOW CHEERLEADER 3 TIMES - HIP POPS 3 TIMES;;; THROW OUT M TRANS;**
- 123a4567a8 1-2 **{L Circle Pass}** LOP Fcg Pos M fcg LOD bk L slightly across body joining trailing hnds, sd & fwd R leading W fwd to M's L sd, raising jnd lead hnds over M's head sd L/cl R, sd small steps twd COH passing under jnd lead hnds (W fwd R, fwd L twd M's L sd, trng LF 1/2 to fc LOD sd R bhnd M/XLIB, sd & fwd R) end in M's WRAPPED Pos both fcg LOD W slightly bhnd & to his R sd lead hnds across M's body trailing hnds at M's L-hip; Releasing trailing hnds bk R leading W fwd, rec L raising jnd lead hnds to lead W trn LF, keep leading W trn LF under jnd lead hnds anchor stp R/L, R (W fwd L comm trng LF 1-1/2, small step bk R cont trng LF, step almost in pl L/R, L cont trng LF under jnd lead hnds to fc M) end in LOP Fcg Pos M fcg LOD;
- 123a4567-
(W 123a45678) 3-4 **{Whip w/ Inside Trn to Shadow Trans}** Bk L, rec R slightly across body moving to W's R sd assuming loose CP, trng RF 1/4 sd L/rec R cont trng RF to fc RLOD, sd & fwd L (W fwd R, fwd L trng RF 1/2 to fc LOD, bk R/cl L, fwd R) end momentary in CP M fcg RLOD; Raising jnd lead hnds XRIB comm trng RF around W, cont trng RF sd L, releasing hnds cl R assume SHADOW Pos, tap L sd (W fwd L passing under jnd lead hnds, cl R, stp in pl L, R) end in SHADOW Pos both fcg LOD M's R-hnd on W's R-shoulder blade W's R-hnd extended sd L-hnds jnd & extended sd L ft free for both; (now same footwork)
- 1a-a3a-a5a-a 5-7 **{Shadow Cheerleader 3 Times}** XLIF/sd R, slightly trng LF tap L heel sd & fwd/rec L, XRIF/sd L, slightly trng RF tap R-heel sd & fwd/rec R; XLIF/sd R, slightly trng LF tap L-heel sd & fwd/rec L,
- 1-3-5- **{Hip Pops 3 Times}** XRIF, pt L sd & fwd lifting L-hip; XLIF, pt R sd & fwd lifting R-hip, XRIF, pt L sd & fwd lifting L-hip;
- 1-3a4
(W 123a4) 8 **{Throw Out M Trans}** Fwd L, tap R bhnd L leading W fwd w/ jnd L-hnds & release, anchor stp R/L, R joining lead hnds (W fwd L, fwd R comm trng LF, cont trng LF to fc M anchor stp L/R, L) end in LOP Fcg Pos M fcg LOD; (now opposite footwork)

PART C (continued)

9-12

UNDERARM TRN - RK WHIP;;;:

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9-12 **{Underarm Trn}** LOP Fcg Pos M fcg LOD bk L, rec R trng RF 1/4 raising jnd lead hnds, sd L leading W trn LF under jnd lead hnds/rec R trng RF 1/4 to fc RLOD, sd & fwd L; Anchor stp R/L, R (W fwd R, fwd L, trng LF 1/4 under jnd lead hnds sd R/XLIF, sd R; Trng LF 1/4 to fc M anchor stp L/R, L) end in LOP Fcg Pos M fcg RLOD,

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{Rk Whip} Bk L, rec R slightly across body moving to W's R sd assuming loose CP; Trng RF 1/4 sd L sd twd LOD/rec R, trng LF 1/4 sd & fwd L (W fwd R, fwd L trng RF 1/2 to fc LOD; Bk R/cl L, fwd R) end momentary in CP M fcg LOD, rk R fwd btwn W's ft comm trng RF one full trn, rec L cont trng RF; Rk R fwd btwn W's ft cont trng RF to fc LOD, fwd L pushing away W releasing R-hnd, anchor stp R/L, R (W rk L bk comm trng RF, rec R fwd btwn M's ft cont trng RF; Rk L bk cont trng RF to fc RLOD, bk R, anchor stp L/R, L) end in LOP Fcg Pos M fcg LOD;

ENDING

1-7

UNDERARM TRN - L CIRCLE PASS M TRN LF TRANS to TANDEM - HIP POPS MARCH 6 & FREEZE;;;;;:

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1-7 **{Underarm Trn}** LOP Fcg Pos M fcg LOD bk L, rec R trng RF 1/4 raising jnd lead hnds, sd L leading W trn LF under jnd lead hnds/rec R trng RF 1/4 to fc RLOD, sd & fwd L; Anchor stp R/L, R (W fwd R, fwd L, trng LF 1/4 under jnd lead hnds sd R/XLIF, sd R; Trng LF 1/4 to fc M anchor stp L/R, L) end in LOP Fcg Pos M fcg RLOD,

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{L Circle Pass M Trn LF Trans to Tandem} Bk L slightly across body joining trailing hnds, (W 123a4567a8)sd & fwd R leading W fwd to M's L sd; Raising jnd lead hnds over M's head sd L/cl R, sd small steps twd WALL passing under jnd lead hnds (W fwd R, fwd L twd M's L sd; Trng LF sd R/bhnd L, sd R sliding across slot bhnd M) end in M's WRAPPED Pos both fcg RLOD W slightly bhnd & to his R sd lead hnds across M's body trailing hnds at M's L-hip, releasing trailing hnds bk R leading W fwd, rec L raising jnd lead hnds to lead W trn LF; Keep leading W trn LF under jnd lead hnds step almost in pl R, L trng LF 1/2 joining R-hnd on M's R-shoulder (W fwd L comm trng LF 1-1/2, small step bk R cont trng LF; Step almost in pl L/R, L cont trng LF under jnd lead hnds to fc M) end in TANDEM Pos both fcg LOD W bhnd M jnd R-hnds placed on M's R-shoulder free L-hnds on hips, (now same footwork)

1-3-5-7- 1-3---

{Hip Pops March 6 & Freeze} Marching along LOD XRIF, pt L sd & fwd lifting L-hip; XLIF, pt R sd & fwd lifting R-hip, XRIF, pt L sd & fwd lifting L-hip; XLIF, pt R sd & fwd lifting R-hip, XRIF, pt L sd & fwd lifting L-hip; XLIF, pt R sd & fwd lifting R-hip end in TANDEM Pos both fcg LOD, freeze as music fades out, -;