

Hallelujah Foxtrot

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Music: Hallelujah – Ken Turner & His Orchestra
Avail for download from casa-musica.com
Rhythm/Phase Foxtrot Phase 4+1 (Check & Weave) **Speed 45 rpm (29 mpm)**
Sequence: Intro – A – B – A – B(Mod) – A(Mod) **Release 1.0 November 2021**

INTRO

1-4 WAIT ; ROLL ACROSS 3 ; SWAY TOG & APT ; TOG LADY PICK UP TO CP ;

-- 1 In LOP both fc DW lead foot free wait 1 measure ;
SQQ 2 Roll LF beh W L, - R, L to OP(W roll RF R, -, L, R);
SS 3 Step sd together R sweep lead arms in, -, step apt L to OP, -;
S- 4 Sd R, -, hold to CP, -(W fwd L DC trng LF, -, take CP with M, -);

PART A

1-4 3 STEP ; RIGHT LUNGE REC SLIP ; TELEMAR SCP ; CROSS PIVOT SCAR ;

SQQ 1 (3 Step) Fwd L CP, -, fwd R heel to toe slight LF trn, fwd L(W bk R, -, bk L, bk R);
SQQ 2 (Rt Lunge Rec Slip) Lunge fwd & sd R, - rec L trng LF, bk R CP DC
(W lunge bk L keep head well to left, -, rec R trng LF, fwd L to CP);
SQQ 3 (Telemark SCP) Fwd L CP comm LF turn, -, fwd & sd R cont turn, fwd L SCP DW
(W bk R, -, draw L heel past R turning LF cl L to R, fwd R);
SQQ 4 (Cross Pivot) Thru R comm RF trn, -,sd & fwd L trng RF, fwd R LOD in SCAR
(W thru L, -, fwd R between M's feet trng RF, bk L DC);

5-8 CROSS HOVER SCP ; PROMENADE WEAVE ; ; CHANGE OF DIRECTION ;

SQQ 5 (Cross Hover Scp) Fwd L in SCAR, -, blend to CP sd & fwd R, slight trn RF fwd L in SCP DC
(W bk R in SCAR, sd & bk L to CP, trng RF fwd R to SCP);
SQQ 6 (Promenade Weave) Thru R, -, fwd L trng LF, sd & bk R
(W thru L comm LF trn, -, sd & bk R to CP trn LF, sd & fwd L);
QQQQ 7 XLIB, trng LF bk R, trng LF sd & fwd L, fwd R CBJO DW
(W XRIF, fwd L to CP, trng LF sd & bk R, bk L CBJO DW);
SS 8 (Change Of Direction) Fwd L to CP, -,fwd R trng LF to fc DC, draw L to R no weight
(W bk R, -, trng LF sd L, draw R to L);

9-12 REVERSE WAVE ; ; BACK FEATHER ; BACK 3 STEP ;

SQQ 9 (Reverse Wave) Fwd L comm LF trn, -, sd & fwd R cont trn fc DRC, bk L
(W bk R, -, pull L heel to R turn LF on R heel cl L, fwd R);
SQQ 10 Bk R, -, bk L slight LF body trn, bk R to LOD
(W fwd L, -, fwd R heel to toe slight trn LF, fwd L LOD);
SQQ 11 (Bk Feather) Bk L, -, bk R with right sd lead, bk L CBJO(W fwd R, - fwd L, fwd R CBJO);
SQQ 12 (Bk 3 Step) Bk R to CP, -, bk L slight LF body trn, bk R to LOD
(W fwd L to CP, -, fwd R heel to toe slight trn LF, fwd L LOD);

13-16 OPEN IMPETUS ; FEATHER ; TELEMAR SCP ; CHAIR & SLIP ; (A MOD – THRU OVERSWAY) ;

SQQ 13 (Open Impetus) Bk L comm RF trn, -, cl R to L cont trn, sd & fwd R SCP DC
(W fwd R trng RF, -, sd & fwd L past M cont trn brush R to L, fwd R SCP);
SQQ 14 (Feather) Thru R, -, fwd L, fwd R CBJO(W thru L comm LF trn, -, sd & bk R, bk L CBJO);
SQQ 15 (Telemark SCP) Repeat Measure 3:
SQQ 16 (Chair & Slip) Lunge thru R, -, rec L trng LF, bk R CP DC
(W lunge thru L, -, rec R trng LF, fwd L to CP);
SQQ 16Mod (Thru Oversway) Third time through Part A thru R, -, fwd & sd L, lower & rotate body LF
(W thru L, -, fwd & sd R, lower & trn LF look well to left);

PART B

1-4 DIAMOND TURN ; ; ; ;

- SQQ 1 (Diamond Turn) Fwd L comm LF trn, -, cont trn sd & bk R, bk L CBJO DRC
(W bk R trng LF, -, cont trn sd & fwd L, fwd R CBJO);
- SQQ 2 Bk R to CP trng LF, -, cont trn sd & fwd L, fwd R CBJO DRW
(W fwd L trng LF, -, cont trn sd & bk R, bk L CBJO);
- SQQ 3 Repeat measure 1 to DW;
- SQQ 4 Repeat measure 2 to DC;

5-8 TURN LEFT CHASSE BJO ; OUTSIDE CHANGE SCP ; IN & OUT RUNS ; ;

- SQ&Q 5 (Trn & Chasse BJO) Fwd L, -, trng LF sd R/cl L, sd R to BJO (W bk R, -, trng LF sd L/cl R, sd L);
- SQQ 6 (Outside Change Scp) Bk L CBJO, -, bk R to CP comm LF trn, fwd L SCP DW
(W fwd R CBJO, -, fwd L to CP, fwd R SCP DW);
- SQQ 7 (In & Out Runs) Fwd R comm RF trn, -, sd & bk L cont trn, bk R to BJO right sd lead
(W fwd L, -, fwd R between M's feet, fwd L);
- SQQ 8 Bk L comm RF trn, -, fwd R between W's feet, fwd L SCP LOD
(W fwd R trng RF, -, sd & bk L cont RF trn, fwd R SCP LOD);

9-12 LEFT WHISK ; LADY UNWIND 4 TO BJO ; BK TWISTY VINE 4 ; BACK WHISK ;

- SQQ 9 (Left Whisk) Thru R trng to CP, -, sd L, XRIB no rise keep body to W end RSCP
(W thru L trng LF to CP, -, sd & bk R, XLIB to RSCP);
- 10 (Unwind 4 BJO) Unwind RF on heel of left & toe of right to fc LOD keeping weight on R foot, -, -,
(QQQQ) (W circling tightly around M fwd R, fwd L, fwd R, fwd L to BJO);
- QQQQ 11 (Bk Twisty Vine 4) Bk L trn RF, sd R cont trn, fwd L SCAR trn LF, sd R cont LF trn to BJO
(W fwd R trng RF, sd L cont trn, bk R trng LF, sd L cont trn to BJO);
- SQQ 12 (Bk Whisk) Bk L in CBJO, -, trng RF sd R, XLIB to SCP
(W fwd R trng RF, -, sd L cont trn, XLIB to SCP);

13-16 FEATHER ; REVERSE WAVE 3 ; CHECK & WEAWE ; ;

- SQQ 13 (Feather) Thru R, -, fwd L, fwd R CBJO (W thru L comm LF trn, -, sd & bk R, bk L CBJO);
- SQQ 14 (Reverse Wave 3) Fwd L comm LF trn, -, sd & fwd R cont trn fc DRC, bk L
(W bk R, -, pull L heel to R turn LF on R heel cl L, fwd R);
- SQQ 15 (Check & Weave) Chk bk R with left sd lead, -, rec L slight LF trn, sd & bk R DC
(W chk fwd L with right sd lead, -, rec R slight LF trn, sd & fwd L DC);
- QQQQ 16 XLIB, trng LF bk R, trng LF sd & fwd L, fwd R CBJO DW
(W XRIF, fwd L to CP, trng LF sd & bk R, bk L CBJO DW);

B (MOD Revises only measures 3 & 4)**1-4 DIAMOND TURN ½ ; ; QUICK DIAMOND 4 ; DIP BK & REC ;**

- SQQ 1 (Diamond Turn 1/2) Fwd L comm LF trn, -, cont trn sd & bk R, bk L CBJO DRC
(W bk R trng LF, -, cont trn sd & fwd L, fwd R CBJO);
- SQQ 2 Bk R to CP trng LF, -, cont trn sd & fwd L, fwd R CBJO DRW
(W fwd L trng LF, -, cont trn sd & bk R, bk L CBJO);
- SQQ 3 (Quick Diamond 4) Fwd L comm LF trn, sd & bk R, bk L, bk R CP
(W bk R trng LF, sd & fwd L, fwd R, fwd L);
- SQQ 4 (Dip Bk & Rec) Dip bk on soft L, -, rec R CP LOD, -;

5-8 TURN LEFT CHASSE BJO ; OUTSIDE CHANGE SCP ; IN & OUT RUNS ; ;**9-12 LEFT WHISK ; LADY UNWIND 4 TO BJO ; BK TWISTY VINE 4 ; BACK WHISK ;****13-16 FEATHER ; REVERSE WAVE 3 ; CHECK & WEAWE ; ;**