

DELILAH



Choreographers: Alison Johnstone (Perth WA ex Scotland)

Prepared By: Alison Johnstone 16/08/2009

Music: “Delilah” Tom Jones (Greatest Hits CD also available from I tunes)

Alt Music: “Morning Has Broken” by Cat Stevens

(As the main track is fast I have given a slower option for practice)

It will fit with lots of other waltz tracks as it is a standard 48 count dance. Have fun choosing.

Start: On the lyrics

Walls: 4 Wall

Counts: 48

Level: Beginner/Improver

Finish: Dance finishes after lunge so simply recover on Left to front and stomp Right into Left

Contact: alisonjo@westnet.com.au +61 404445076

Dedicated to: Juliet Lam (USA)

SWAY, SWAY, FWD BASIC, BACK BASIC (12.00)

1-2-3 Step Left to side sway hips Left (weight Left)

3-4-6 Step Right to side sway hips Right (weight Right)

7-8-9 Step fwd onto Left, Step Right into Left, Step Left in place

10-11-12 Step back onto Right, Step Left into Right, Step Right in place

1/4 TURN RIGHT SWAY, SWAY, STEP HITCH HOLD, BACK DRAG (3.00)

1-2-3 ¼ turn Right Stepping Left to side sway hips Left (weight Left)

3-4-6 Step Right to side sway hips Right (weight Right)

7-8-9 Step fwd onto Left, Hitch Right, Hold

10-11-12 Step back onto Right, Drag left towards Right over 2 counts

STEP RONDE, LUNGE, RECOVER, 1/2 TURN OVER LEFT BASIC (9.00)

1-2-3 Step fwd Left and sweep Right from Back to Front over 2 counts (do not step on Right)

4-5-6 Step fwd Right lunging fwd over 3 counts

Finish: Dance finishes after lunge so simply recover on Left to front and stomp Right into Left

7-8-9 Recover back on Left for 3 counts (nice smooth movement back from lunge)

10-11-12 Step back onto Right, ½ turn over Left stepping fwd Left, Step fwd Right

STEP RONDE, LUNGE, RECOVER, STOMP CLAP CLAP (9.00)

1-2-3 Step fwd Left and sweep Right from Back to Front over 2 counts (do not step on Right)

4-5-6 Step fwd Right lunging fwd over 3 counts

7-8-9 Recover back on Left for 3 counts (nice smooth movement back from lunge)

10-11-12 Stomp Right slightly to side, Clap, Clap (weight Right)

Choreographer note: As the dance is Viennese Waltz beat you will note that this is choreographed with a normal size step but then the wording “towards” on the drags and not “into”.

Take nice small steps on the basics.

Juliet requested I choreograph a dance to this track. Juliet helped with arranging the sets of 12 with me until we were both happy. It was choreographed on Juliet’s husbands birthday 😊

Juliet is an inspiration to all who enjoy her dance videos and clear teaching techniques
I hope you like itEnjoy 😊