

# Hill of Hope

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Type of dance: Advanced 2 wall phrased AB nightclub. A: 32 counts, B: 16 counts  
 Music: **What's up** by Hannah Grace & Sonny Tennet. 65 bpm. Track length: 3.31. Buy on iTunes.  
 Intro: 16 counts from beginning of track. App. 15 secs. into track. Start with weight on L foot.  
 NOTE: Because of the very short introduction we made the decision to begin the dance (only for wall 1) on count 17.  
 1 restart: During your 5<sup>th</sup> A you restart the dance after 16 counts facing 12:00  
 Phrasing: A (17-32), A, B, A, A, B, B, A (1-16), B, B 😊 – Note you always do B facing the front wall

## A section

Counts	Footwork	End facing
<b>1 – 8</b>	<b>Side R into ¼ spiral L, run ¼ L, cross ¼ R, ¼ R into sway RL, ¼ R prep, L full turn back</b>	
1	Step R to R side spiralling ¼ L and ending with L hooked in front of R (1)	3:00
2&3	Step L fwd (2), turn 1/8 L stepping R fwd (&), turn 1/8 L stepping L fwd and sweeping R from back to front (3)	12:00
4&	Cross R over L (4), turn ¼ R stepping back on L (&)	3:00
5 – 7	Turn ¼ R stepping R to R side swaying body R (5), sway body L (6), step on R opening body a ¼ R to prep body for upcoming L turn (7)	9:00
8&	Turn ½ L stepping down on L (8), turn ½ L stepping back on R (&)	9:00
<b>9 – 16</b>	<b>Back L &amp; kick hitch, R coaster, touch step touch, R basic, ¼ R hinge turn, side cross</b>	
1&	Step L back lifting R leg with a stretched leg (1), hitch R knee (&)	9:00
2&3	Step back on R (2), step L next to R (&), step R fwd (3)	9:00
&4&	Touch L next to R (&), step L fwd (4), touch R next to L (&) ... <i>Styling for counts 3&amp;4&amp;: step R fwd pushing R shoulder fwd and L shoulder back (3), touch L next to R letting both shoulders return to normal position (&amp;), step L fwd pushing L shoulder fwd and R shoulder back (4), touch R next to L letting both shoulders return to normal position (&amp;)</i>	9:00
5 – 6&	Step R a big step to R side (5), close L behind R (6), cross R over L (&)	9:00
7 – 8&	Turn ¼ R stepping L back sweeping R to R side (7), step down on R (8), cross L over R (&)	12:00
<b>17 – 24</b>	<b>R side rock, R cross rock, 1¼ turn R fwd, step ¼ R cross, ¼ L, ¼ L, 1/8 L fwd R</b>	
1&2&	Rock R to R side (1), recover on L (&), cross rock R over L (2), recover on L (&)	12:00
3&4	Turn ¼ R stepping R fwd (3), turn ½ R stepping L back (&), turn ½ R stepping R fwd (4)	3:00
5&6	Step L fwd (5), turn ¼ R stepping onto R (&), cross L over R (6) ... <i>Optional arms for 2<sup>nd</sup> and 4<sup>th</sup> A to hit 'take a deep breath' in lyrics: start to reach both arms fwd and up (5), arms now stretched fwd and up with hands open (&amp;), pull both arms into body clenching your fists (6) ... Optional arm for 3<sup>rd</sup> A to hit 'Pray' in lyrics: both arms going out (5), fold hands a little above head (&amp;), pull arms down in front of chest (6)</i>	6:00
7&8	Turn ¼ L stepping back on R (7), turn ¼ L stepping L to L side (&), turn 1/8 L stepping R fwd hitching L knee AND reaching R arm fwd (8) ...	10:30
<b>25 – 32</b>	<b>L back sweep, R coaster into 2 prissy walks, step ½ step, tap sweep ¼ R, R back rock</b>	
1	Step back on L sweeping R out to R side (1)	10:30
2&3 – 4	Step back on R (2), step L next to R (&), step R fwd and slightly over L (3), step L fwd and slightly over R (4)	10:30
5&6	Step R fwd (5), turn ½ L onto L (&), step R fwd (6)	4:30
&7	Tap L behind R (&), step back on L turning ¼ R and sweeping R out to R side (7)	7:30
8&	Rock back on R (8), recover on L (&) ... <i>NOTE: to go into either A or B turn 1/8 L</i>	7:30

## B section

<b>1 – 8</b>	<b>Sway RLR, jazz ¼ L into sway LRL, cross, ¼ R</b>	
1 – 3	Squaring up to 12:00 step R to R side swaying body R (1), sway body L (2), sway body R and sweep L fwd (3) ... <i>Optional arms for counts 1-2-3: sway arms above head to RLR</i>	12:00
4&5	Cross L over R (4), turn 1/8 L stepping back on R (&), turn 1/8 L stepping L to L side swaying body L (5)	9:00
6 – 7	Sway body R (6), sway body L sweeping R fwd (7) ... <i>Optional arms for counts 5-6-7: sway arms above head to LRL</i>	9:00
8&	Cross R over L (8), turn ¼ R stepping back on L (&)	12:00
<b>9 – 16</b>	<b>¼ R side step 'Hey', drag, ¼ L, full triple fwd, arm reach, recover sweep, R back rock</b>	
1 – 3	Turn ¼ R stepping R to R side waving your R hand to 6:00 (1), drag L next to R (2), turn ¼ L stepping L fwd (3)	12:00
4&5	Turn ½ L stepping back on R (4), turn ½ L stepping L fwd (&), step R fwd starting to reach R arm fwd and up (5)	12:00
6 – 7	Finish arm reach (6), drop R arm and recover back on L with 1/8 turn R and sweeping R out to R side (7)	1:30
8&	Rock back on R (8), recover on L (&) ... <i>NOTE: to go into either A or B turn 1/8 L</i>	1:30