



JOYFUL HEART

2:33


Choreo. Lilly Sell Style: Bouncy and Joyful

Music - Asha (Denis) Quinn ED 'Mystic Heart'


Track: 'Allah, Hallelujah, Elohim' Itunes


A) V  INDIVID FROM HERE TO END 


hold R L R L L R L R R L R
 ~ ~ ~ ~ ~ ~ ~ ~
 f d f u f d f u f d f u f e e
 travelling burn to



 L R L
 ~ ~ ~
 x f rep 2
 arms
 across body



 R L
 ~ ~
 x f rep
 arms
 across


 R L R L
 ~ ~ ~ ~
 f b f b
 arms waft f+b

B)  R L R
 ~ ~ ~
 f d f
 R hand passes through heart space and stretches high

 L R L
 ~ ~ ~
 f l f
 ditto
 L hand

 R L R L
 ~ ~ ~ ~
 sw sw sw sw
 arms stay high (sending out joy)

 R L R L R L L
 ~ ~ ~ ~ ~ ~ ~ ~
 b d b b d b b
 R hand L hand
 to heart to heart

 R
 ~
 to
 arms to V hold

NB: Music fades out at end of A) part at end