(Can't Get Out Of) The Hole



Count: 168 Wand: 0 Ebene:

Choreograf/in: Alan Birchall (UK)

Musik: The Hole - Randy Travis



TWO HEEL SPLITS, TWO RIGHT TOE FANS

1-2	Split heels apart, bring heels together
3-4	Split heels apart, bring heels together
5-6	Fan right toe right, fan right toe back in place
7-8	Fan right toe right, fan right toe back in place

TWO LEFT TOE FANS, LEFT HEEL HOOK, LEFT HEEL IN PLACE

9-10	Fan left toe left, fan left toe back in place
11-12	Fan left toe left, fan left toe back in place
13-14	Touch left heel forward, hook left heel over right leg
15-16	Touch left heel forward, step left in place

RIGHT HEEL HOOK, RIGHT HEEL IN PLACE, GRAPEVINE RIGHT, SCUFF LEFT

17-18	I ouch right heel forward, hook right heel over left leg
19-20	Touch right heel forward, step right in place
21-22	Step right to right, cross left behind right
23-24	Step right to right, scuff left beside right

GRAPEVINE LEFT WITH 1/4 TURN, SCUFF RIGHT

25-26	Step left to left, cross right behind left
27-28	Step left to left making ¼ turn left, scuff right

RIGHT DIAGONAL TOUCH AND CLAP, LEFT DIAGONAL TOUCH AND CLAP

29-30 Step right to right diagonal, touch left beside right and clap (at same time) 31-32 Step left to left diagonal, step right beside left and clap (at same time)

You will now be facing the left-hand wall (from home wall)

33-64 Repeat above

You will end up facing the back wall (from home wall)

QUICK JUMPS BACK, CROSSING LEGS, UNWIND 1/2 TURN LEFT, HIP BUMPS

65-66	Jump back landing both feet apart, jump back landing with feet crossed (left over right)
67-68	Jump back landing both feet apart, jump back landing with feet crossed (right over left)

69-70 Unwind ½ turn left while bumping hips right, bump hips left

71-72 Bump hips right, bump hips left

RIGHT SHUFFLE FORWARD, STEP ½ PIVOT RIGHT

73&74	Step forward on right, step left beside right, step forward on right
75-76	Step forward on left, ½ pivot right (weight ends on right)

LEFT SHUFFLE FORWARD. STEP ½ PIVOT LEFT

77&78	Step forward on left, step right beside left, step forward on left
79-80	Step forward on right, ½ pivot left (weight ends on left)

TOE POINTS, CROSSES

81-82	Point right toe to right, cross right over left
83-84	Point left toe to left, cross left over right

85-86 Point right toe to right, cross right over left 87-88 Point left toe to left, cross left over right

UNWIND 1/2 TURN RIGHT, TOE POINTS, CROSSES

889 Unwind ½ turn right (weight ends on left), point right toe to right

90 Cross right over left

91-92 Point left toe to left, cross left over right

TOE POINT, STEP FORWARD RIGHT, STEP LEFT IN PLACE, HOLD AND CLAP

93-94 Point right toe to right, step forward on right 95-96 Step left in place, hold and clap (at same time)

You will now be facing the back wall

97-128 Repeat 65-96

GRAPEVINE RIGHT, HITCH LEFT, ½ TURN RIGHT

129-130 Step right to right, cross left behind right

131-132 Step right to right, hitch left and turn ½ right on ball of right foot

GRAPEVINE LEFT, HITCH RIGHT, ¾ TURN LEFT

133-134 Step left to left, cross right behind left

135-136 Step left to left, hitch right while making ¾ turn left on ball of left foot

WALK FORWARD, JUMPS BACK CROSSING LEGS

137-138	Step forward on right, step forward on left
139-140	Step forward on right, step forward on left
141-142	Jump back landing both feet apart, jump back landing with feet crossed (left over right)
143-144	Jump back landing both feet apart, jump back landing with feet crossed (right over left)

UNWIND 1/2 TURN LEFT, STEP RIGHT IN PLACE

145-147 Slowly unwind ½ turn left over three counts (weight ends on left)

148 Step right in place

You will now be facing the left wall (from home wall)

149-168 Repeat 129-148

REPEAT

The following tag is danced instead of counts 129-148 on the third (last) repetition QUICK JUMPS BACK, CROSSING LEGS, UNWIND ½ TURN LEFT, HIP BUMPS

129-130	Jump back landing both feet apart, jump back landing with feet crossed (left over right)
131-132	Jump back landing both feet apart, jump back landing with feet crossed (right over left)
133-134	Unwind ½ turn left while bumping hips right, bump hips left
135-136	Bump hips right, bump hips left

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RIGHT SHUFFLE FORWARD, STEP 1/2 PIVOT RIGHT

137&138	Step forward on right, step left beside right, step forward on right
139-140	Step forward on left, ½ pivot right (weight on right foot)

LEFT SHUFFLE FORWARD, STEP ½ PIVOT LEFT

141&142	Step forward on left, step right beside left, step forward on left
143-144	Step forward on right, ½ pivot left (weight on left foot)

TOE POINTS & CROSS'S, UNWIND FULL TURN RIGHT

145-146	Point right toe to right, cross right over left
147-148	Point left toe to left, cross left over right

149-150 Unwind full turn to right over two counts
Legs remain crossed right over left, with weight on left
151-152 Bow head down, touch rim of hat