

Hella Dance

Count: 32

Wand: 4

Ebene: Intermediate / Advanced

Choreograf/in: Scott Blevins (USA)

Musik: Hella Good - No Doubt



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|-------|--|
| 1-2 | Kick Right Leg to Right Side while lifting Left side of Rib cage; Bring Right knee into open hitch position, while dropping Left side of Rib cage and lifting Right side of Rib cage |
| 3&4 | Right Sailor Shuffle |
| 5&6 | Left Sailor Shuffle, making ¼ turn Left on "&" count, stepping forward on Count 6 |
| 7-8 | Kick Right foot forward; Bending at knee, push Right foot back and pulse chest forward |
| | |
| 1-2& | Step forward on Right foot; Pivot ½ turn Left; Make ½ turn Left on Left foot |
| 3&4 | Touch Right foot to Right side; Touch Right foot to center; Touch Right foot to Right side |
| 5&6 | Kick Right foot forward; Angling 1/8 to Right, Step Right foot to center; Touch Left foot to Left side (from this point on, you will be on diagonals until Count 3 in the last section of 8) |
| 7&8 | Kick Left foot forward; Bring Left foot to center, putting weight on balls of both feet, heels off floor and knees bent; Drop heels to floor shifting weight to Left foot, knees bent |
| | |
| 1 - 2 | Take exaggerated step forward with Right foot into crouched position; Hitch Left leg next to Right, rotating ¼ to Left |
| 3&4 | Triple forward L,R,L |
| 5-6 | Step Right foot forward; Pivot ½ to Left |
| 7&8 | Triple forward R,L,R |
| | |
| 1-2 | Step Left foot forward; Pivot ½ turn Right |
| 3-4 | Make 1/8 turn Right, stepping Left foot to Left side; From waist up, Torque (twist) body to Left |
| 5-6 | Relaxing torque, make ¼ turn Right, stepping on Right foot; Continue rotating ¾ turn to Right on Right foot |
| 7-8 | Arching your back, point Left foot out to Left side to stop rotation; Step Left foot across and in front of Right, landing on bent leg |

BEGIN AGAIN!
