

# Aloha Heja He (zh)

COPPER KNOB  
STEPSHEETS

Count: 32

Wall: 2

Level: Beginner

Choreographer: Maria Nix (DE) - 2022年02月

Music: Aloha Heja He - Achim Reichel : (Album: Melancholia and Storm tide - 1991)



**Intro: Start after 32 count and 1 count before singer starts**

简介：在 32 次计数后开始，在歌手开始前 1 次计数

## Section 1: Side step right, behind side ¼ turn, shuffle, step ¼ turn, shuffle across

### 第 1 节: 向右侧步，在侧后 ¼ 转，洗牌，步 ¼ 转，洗牌

- 1-2 右脚右步，左脚放在右脚后面  
3&4 右脚向右迈出 ¼ 转面向 3 点钟方向，左脚合拢，右脚向前迈出  
5-6 左脚向前走，1/4 向右转，面向 6 点钟方向，右脚重心  
7&8 左脚交叉在右脚上，重心放在右脚上，右脚在右脚后合拢，左脚交叉在右脚上
- 1-2 step right with right foot, set left foot behind right foot  
3&4 step right with right foot with ¼ turn facing 3 o'clock, close left foot, step forward with right foot  
5-6 step forward with left foot, ¼ turn right facing 6 o'clock with weight on right foot  
7&8 cross left foot over right foot with weight on right foot, close right foot behind right foot, cross left foot over right foot

## Section 2: Right/left side rock, behind side cross, side rock, behind side cross

### 第 2 节: 右侧/左侧侧石，侧十字后，侧石，侧十字后

- 1-2 右脚向右迈步，重心放在右脚上，左脚保持原位，将重心放回左脚  
3&4 右脚在左脚后交叉，左脚靠近右脚，右脚在左脚上交叉  
5-6 左脚向左走，左脚重心，右脚保持原位，重心放回右脚  
7&8 左脚在右脚后交叉，右脚靠近左脚，左脚在右脚上交叉
- 1-2 step right with right foot with weight on right foot, left foot remains on place, put weight back on left foot  
3&4 cross right foot behind left foot, close left foot next to right foot, cross right foot over left foot  
5-6 step left with left foot with weight on left foot, right foot remains on place, put weight back on right foot  
7&8 cross left foot behind right foot, close right foot next to left foot, cross left foot over right foot

## Section 3: Step, lock, step lock step right/left

### 第 3 节: 步进、锁定、步进锁定步进右/左

- 1-2 右脚向前迈步，左脚在右脚后交叉  
3&4 右脚向前迈步，左脚在右脚后交叉  
5-6 左脚向前走，右脚在左脚后交叉  
7&8 左脚向前迈步，右脚在左脚后交叉，左脚向前迈步
- 1-2 step forward with right foot, cross left foot tight behind right foot  
3&4 step forward with right foot, cross left foot tight behind right foot, step forward with right foot  
5-6 step forward with left foot, cross right foot tight behind left foot  
7&8 step forward with left foot, cross right foot tight behind left foot, step forward with left foot

## Section 4: Rock step, ½ turn right, shuffle, rock step, sailor ½ turn left

### 第 4 节: 岩步，½ 右转，洗牌，岩步，水手 ½ 转左

- 1-2 右脚向前迈步，重心放在右脚上，左脚保持原位，重心放回左脚  
3&4 ½ 右转，右脚面向 12 点钟方向，左脚靠近右脚，右脚向前迈步  
5-6 左脚向前迈步，左脚重心，右脚保持原位，重心放回右脚

- 7&8 左脚在右脚后交叉，向左转 $\frac{1}{2}$ 面向6点钟方向，重心放在左脚上
- 1-2 step forward with right foot with weight on right foot, left foot remains on place, put weight back on left foot
- 3&4  $\frac{1}{2}$  turn right with right foot facing 12 o'clock, close left foot next to right foot, step forward with right foot
- 5-6 step forward with left foot with weight on left foot, right foot remains on place, put weight back on right foot
- 7&8 cross left foot behind right foot,  $\frac{1}{2}$  turn left facing 6 o'clock with weight on left foot

**Tag – 16 count (2 times) / Ending**

标签 16个(3次)

In wall 5 after 24 counts (after left step lock step) – facing 6 o'clock

在 24 次计数后 (左步锁定步后) 在墙 5 中 – 面向 6 点钟方向

In wall 7 after 8 counts (after step  $\frac{1}{4}$  turn) – facing 6 o'clock

计数 8 次后在墙壁 7 中 (步  $\frac{1}{4}$  转后) – 面向 6 点钟方向

In wall 9 after 24 counts (after left step lock step) – facing o'clock /  $\frac{1}{2}$  turn left facing 12 o'clock, keep swinging arms until the end (ending)

24 次计数后在 9 号墙中 (左步锁定步后) – 面向 12 点钟方向/向左  $\frac{1}{2}$  转，继续摆动手臂直到结束 (结束)

**Section 1: Step,  $\frac{1}{2}$  turn left to 12 o'clock, step  $\frac{1}{2}$  turn left to 6 o'clock, at the same time raise your hands, swing your arms in time with the song from right to left (see demo video)**

**第 1 节: Step,  $\frac{1}{2}$  转左至 12 点, step  $\frac{1}{2}$  转左至 6 点, 同时举起双手, 随着歌曲从右向左摆动手臂 (见演示视频)**

- 1-2 右脚向前走，同时举起双手；将它们摆动到身体前方的右侧
- 3-4 两个球面向 6 点钟方向左转 $\frac{1}{2}$ ，同时举手；将它们摆动到身体前方的左侧
- 5-6 右脚向前走，同时举起双手；将它们摆动到身体前方的右侧
- 7-8 两个球面向 12 点钟方向左转 $\frac{1}{2}$ ，同时举手；将它们摆动到身体前方的左侧

- 1-2 step forward with right foot, at the same time raise your hands; swing them to the right side in front of your body
- 3-4  $\frac{1}{2}$  turn left on both balls facing 6 o'clock, at the same time raise your hands; swing them to the left side in front of your body
- 5-6 step forward with right foot, at the same time raise your hands; swing them to the right side in front of your body
- 7-8  $\frac{1}{2}$  turn left on both balls facing 12 o'clock, at the same time raise your hands; swing them to the left side in front of your body

**Section 2: Grapevine, rolling vine**

**第 2 节: 葡萄藤, 卷藤**

- 1-4 右脚向右跨步，左脚在右脚后交叉，右脚向右跨步，左脚在右脚旁边轻敲
- 5-8 向左全转 3 步 (左-右-左)，在左脚旁边轻敲右脚
- 1-4 step right with right foot, cross left foot behind right foot, step right with right foot, tap left foot next to right foot
- 5-8 full turn with 3 steps towards left (left-right-left), tap right foot next to left foot