

# Du är Hel

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Micaela Svensson Erlandsson (SWE) - December 2013

Music: Du Är Hel - Stefan Jernsand & Jenny Rydén : (Album: Golgata Kors)



Intro: 32 counts

**Section 1: Basic Nighclub right. Turn 1/4 left. Full Turn forward. Basic Nighclub right. Turn 1/4 left .Run. Run.**

- 1-2& Step a long step right on right. Rock back on left. Recover onto right.
- 3 Turn 1/4 left stepping forward on left.
- 4& Turn 1/2 stepping back on right. Turn 1/2 left stepping forward on left.
- 5-6& Step a long step right on right. Rock back on left. Recover onto right.
- 7 Turn 1/4 left stepping forward on left.
- 8& Run forward on right. Run forward on left

**Section 2: Rock forward right. Back. Sweep left. Sweep right. Coaster step left. Step. Turn 1/2 left.**

- 1-2& Rock forward on right. Rock back onto left. Step back on right.
- 3-4 Sweep left from front to back. Sweep right from front to back.
- 5&6 Step back left. Step right beside left. Step forward left.
- 7-8 Step forward on right. Turn 1/2 left.

**Section 3: Sync. Full Turn forward . Step. Sync. Full Turn forward. Step. Mambo step forward right. Sweep. Sync. Rock back right**

- 1&2 Turn 1/2 stepping back on right, turn 1/2 left stepping forward on left. Step forward on right.
- 3&4 Turn 1/2 stepping back on left. Turn 1/2 Stepping forward on right.
- 5&6 Rock forward on right. Rock back onto left. Step back on right.
- 7-8& Sweep left from front to back. Rock back on right. Rock forward onto left.

**Section 4: Basic Nightclub right. Basic Nightclub left. Turn 1/4 right. Step. Turn 1/2 right. Step. Sync. Full turn.**

- 1-2& Step a long step right on right. Rock back on left. Recover onto right
- 3-4& Step a long step left on left. Rock back on right. Recover onto left
- 5 Turn 1/4 left stepping forward on right.
- 6&7 Step forward on left. Turn 1/2 right. Step forward on left
- 8& Turn 1/2 stepping back on right. Turn 1/2 stepping forward on left.

**Tag : After Wall 2 ,4,6 ,8, always facing 6 o'clock**

**Rock forward right. Turn 1/2 right. Walk . Run.Run.**

- 1-2& Rock forward on right. Rock back onto left. Turn 1/2 right Stepping forward on right.
- 3-4& Walk forward left. Run forward right. Run forward left.

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