

Hoist 'Em Up

Compte: 32

Mur: 2

Niveau: Easy Intermediate

Chorégraphe: Tony Wilson (USA) & Lana Harvey (USA) - October 2008

Musique: Sloop John B - The Beach Boys : (CD: Stars And Stripes)



Teach: Leaving Of Liverpool, Showband Show, 94 BPM, Tradition Lives On CD

Start after 12 counts on vocals

SAILOR STEPS, ½ PIVOTS

- 1&2 Step R behind L, step L to left side, step R next to L
- 3&4 Step L behind R, step R to right side, step L next to R
- 5-6 Step R forward, pivot ½ left on ball of L weight ending on L
- 7-8 Step R forward, pivot ½ left on ball of L weight ending on L

STOMP, CLAP, STOMP, CLAP, HEEL, TOE, SHUFFLE FWD

- 1-2 Stomp R forward, hold and clap
- 3-4 Stomp L forward, hold and clap
- 5-6 Touch R heel forward, touch R toe back
- 7-8 Shuffle forward RLR

¼ PIVOT, CROSS SHUFFLE, ¼ TURN L, FWD LOCK STEP

- 1-2 Step forward on L, pivot ¼ right on ball of R weight ending on R
- 3&4 Cross step L over R, step R slightly to right, cross step L over R
- 5 Pivoting ¼ left on ball of L, step R back
- 6 Rock back on L (you are now facing wall 1 with body angled left)
- 7&8 Step R forward, lock L behind R, step R forward

HEEL, TOE ½ TURN L, SHUFFLE FWD, STOMP, CLAP, STOMP, CLAP

- 1-2 Touch L heel forward, touch L toe back
- & Pivot ½ left on ball of R
- 3&4 Shuffle forward LRL
- 5-6 Stomp R forward, hold and clap
- 7-8 Stomp L forward, hold and clap

Start Again
