

# Hell.O

拍数: 64                      墙数: 4                      级数: Phrased Intermediate  
编舞者: Giuseppe Ferandi (IT) - January 2017  
音乐: Hell.O - Lenny



Sequence : A – A – B - A16 counts - Restart A – Tag – B – A - A16 counts – B - B

## Part A: 32 counts

### SECT. A1: STEP - BEHIND - HEEL JACK - 3/4 TURN - SHUFFLE

1- 2                      Step right side - step left behind  
&3&4                      Step right side & left heel touch fwd - recover weight on left & step right cross  
5 - 6                      1/4 turn right and step left back 1/2 turn right and step right fwd ( 09.00 )  
7&8                      Step left fwd - step right beside - step left fwd

### SECT. A2: STEP - HOLD - LOCK - STOMP SIDE - HOLD - WAVE

1 - 2                      Step right fwd - hold  
&3 - 4                      lock left - step right - stomp left side  
5 - 6                      step right cross over left - hold  
&7 - 8                      step left side - step right behind - step left side

### SECT. A3: ROCK - 1/2 TURN SHUFFLE – FULL TURN - STEP TOUCH

1 - 2                      Step right fwd - recover weight  
3&4                      1/2 turn right & step right fwd - step left beside - step right fwd ( 03.00 )  
5 - 6                      ½ turn right and step left back – ½ turn right and step right fwd  
7 - 8                      Step left fwd - touch right side

### SECT. A4: SAILOR TURN - ROCK STEP - LOCK SHUFFLE BWD - ROCK STEP

1&2                      1/4 turn right and step right back - step left back - step right slightly fwd ( 06.00)  
3 - 4                      step left fwd - recover weight  
5&6                      Step left bwd - step right bwd cross over left - step left bwd  
7 - 8                      step right bwd - recover weight on left

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## Part B: 32 counts

### SECT. B1: HEEL GRIND 1/4 TURN - COASTER STEP - ROCK STEP – TOE STRUT 1/4 TURN

1 - 2                      Heel stomp - 1/4 turn right ( 03.00)  
3&4                      Step right back - step left beside - step right fwd  
5 - 6                      step left fwd - recover weight  
7 - 8                      point left toe behind – ¼ turn left lower heel ( 12.00 )

### SECT. B2: HEEL JACK - STEP CROSS - SHUFFLE CROSS

1&2                      Step left cross over - step right side and left heel touch fwd diag.  
&3 - 4                      Step left on place and step right cross over left - step left side  
5 - 6                      step right cross over left - hold  
7&8&                      Step left side and step right cross - step left side and step right cross

### SECT. B3: ROCK SIDE - WAVE - ROCK SIDE - SAILOR TURN

1 - 2                      Step left side - recover weight  
3&4                      Step left behind - step right side - step left cross over  
5 - 6                      step right side - recover weight  
7&8                      1/2 turn right and step right bwd - step left back - step right slightly fwd ( 06.00 )

### SECT. B4: STEP – KICK BALL TOE BACK - STOMP - HOLD - APPLEJACK

1 - 2                      Step left fwd – Kick right

&3-4 Step right on place and toe touch left back – stomp left beside right  
5&6& weight on left heel and right toe , swivel - return to the centre. weight on right heel and left toe, swivel - return to the centre  
7&8& weight on left heel and right toe , swivel - return to the centre. weight on right heel and left toe, swivel - return to the centre

**Tag 4 count**

**ROCKIN ' CHAIR**

1 - 2 Step right fwd - recover weight  
3 - 4 Step right bwd - recover weight

**Restart at the 4th wall after 16 counts**

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