

Hell.O

拍数: 64
编舞者: Roberto Mele (IT) - April 2017
音乐: Hell.O - Lenny

墙数: 2

级数: Phrased Beginner



Intro 32 count – A-A-B-A-B-A-A-B-B

PART-A 32 count

Sect:A1: Shuffle R, rock back L, shuffle L, rock back R

1&2 Step right, step left, step right to right
3 - 4 Cross rock back left behind right, recover right
5&6 Step left, step right, step left to left
7 - 8 Cross rock back right behind left, recover left

Sect:A2: Grapvine R, turn ¼ R, step turn ½ R, turn ¼ R, step L, slide R, stomp R

1 - 2 Step right to side, cross left behind right
3 - 4 Turn ¼ right and step right fwd, turn ½ right and step back left
5 - 6 Turn ¼ right and step right together, big step left to left
7 - 8 Slide right next to left, stomp up right on site

Sect:A3: Shuffle R fwd, rock L, coaster step L, step R ½ turn

1&2 Step right fwd, step left together, step right fwd
3 - 4 Rock left fwd, recover right
5&6 Step back left, step right side, step left fwd
7 - 8 Step right fwd, ½ turn left

Sect:A4: Shuffle R fwd, rock L, coaster step L, stomp R

1&2 Step right fwd, step left together, step right fwd
3 - 4 Rock left fwd, recover right
5&6 Step back left, step right side, step left fwd
7 - 8 Stomp right next to left, hold

PART-B 32 count

Sect:B1: Heel R and L fwd, rock R fwd, coaster step R, ½ turn L, stomp R

1&2& Touch heel right fwd, recover right and touch heel left fwd, recover left
3 - 4 Rock right fwd, recover left
5&6 Step back right, step left together, step right fwd
7 - 8 Turn ½ left, weight left and stomp right next to left

Sect:B2: repeat sect B1

Sect:B3: Full turn R, point L, full turn L, point R

1 - 2 ¼ turn right to right, ½ turn to right and step back left
3 - 4 ¼ turn and step right to side, point left to left
5 - 6 ¼ turn left to left, ½ turn to left and step back right
7 - 8 Turn and step left to side, point right to right

Sect:B4: Shuffle R fwd, rock L, shuffle back L, rock back R

1&2 Step right fwd, step left together, step right fwd
3 - 4 Rock left fwd, recover to right
5&6 Step back left, step right together, step back left
7 - 8 Rock back right, recover to left

RESTART: Part A, 7 wall after 16 count Resume to part B

*** At the end of the first B make a stomp with a hold of 16 count**

*** At the end of the third and fourth A make a ½ turn to left (only in the third with a hold of 4 count)**

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