

Hopelessly Helplessly

拍数: 32 墙数: 4 级数: High Improver
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音乐: Head over Heels - The Washboard Union



Count in: 32 counts

Section 1: Right toe strut, left cross toe strut, weave a ¼ left

1-2 Step right to right side touching right toe to floor (1), drop right heel to the floor (2)
3-4 Cross left over right touching left toe to floor (1), drop left heel to the floor (2)
5,6,7,8 Step right to right side (5), step left to left side making ¼ left (6), step right behind left (7),
 step left to left side (8)

Section 2: Right cross strut, left toe strut, right sailor step

1-2 Cross right over left touching right toe to floor (1), drop right heel to the floor (2)
3-4 Step left to left side touching left toe to floor (3), drop left heel to the floor (4)
5,6,7 Step right foot behind left foot (5), step left to left side (6), step right foot in place (7)
8 Step left foot behind right (8)

Section 3: Step right foot ¼ right, scuff left foot forward, left toe strut, step out right left and back together

1-2 Step right foot to right side making ¼ right (1), scuff left foot forward (2)
3-4 Step forward touching left toe to floor (3), drop left heel to the floor (4)
5,6,7,8 Step right out to right diagonal (5), step left out to left diagonal (6), step right back in place
 (7), step left back in place (8)

Section 4: Monterey ½ turn right over right shoulder, point right toe out and together, kick right toe forward, flick right heel and make ¼ left

1,2,3,4 Touch right toe to right side (1), step right foot in place as you turn ½ over right shoulder (2),
 touch left toe to left side (3), step left foot in place (4)
5-6 Point right toe out to right side (5), touch right toe next to left (6)
7-8 Kick right toe forward (7), flick right heel right and make ¼ left (8)

Restart – Wall 4 (9 o'clock) Restart at the end of section 3

Ending – Dance will finish at 3 o'clock wall dance until end of section 1 to finish facing the front

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