

# Holla

拍数: 0                      墙数: 2                      级数: Advanced  
编舞者: Alana Johanson (USA) & Michelle Jackson (USA)  
音乐: Holla - Trin-i-tee 5:7



Sequence: A B AA B AAAA B

## SECTION A

### STEP ¼ TURN, PRESS, HEEL SLIDE, GLIDE STEP, ½ TURN

- 1                      Step left forward (12:00)
- 2                      ¼ pivot turn to the left (3:00)
- 3-4                    Press right foot, recover on left foot while sliding right heel back
- 5                      Touch right toe in front of left foot
- 6                      Slide left foot back, right toe goes up and back on heel
- 7-8                    Touch right toe behind left foot, ½ turn right with weight on right, (9:00)

### LEFT HOLD, WEAVE, SLIDE TOUCH, TRAVELING KNEE ROLL

- 1-2                    Step left foot out to left side, hold
  - 3&4                    Step right foot behind left, step left foot to side, cross right over left
  - 5-6                    Slide to the left, touch right foot next to left
  - 7                      Weight on left foot, traveling to the right-move left heel to right and right knee out
  - &8                    Move left toe to right and right knee in, move left heel to right and right knee out
- Right toe stays on floor and just pivots as you're moving your knee out-in-out**

### STEP TOUCHES RIGHT, LEFT, STEP OUT RIGHT, LEFT, BUTTERFLY

- 1-2                    Step right at diagonal, touch left toe next to right foot
- 3-4                    Step left at diagonal, touch right toe next to right foot
- 5-6                    Step right foot out to right, step left foot out to left, with arms following each leg
- 7&8                    Bend knees in toward each other, roll knees out, reverse body roll

**Arms follow knees and create a figure 8 with your fists**

### ¼ TURN LOCK STEP, SHUFFLE, STEP ½ TURN, SHUFFLE FULL TURN

- 1-2                    ¼ turn right stepping right foot forward, lock left foot behind right, (12:00)
- 3&4                    Shuffle forward right, left, right
- 5-6                    Step forward on left foot, ½ turn right with weight on right foot (6:00)
- 7&8                    ½ turn right stepping left foot back, ½ turn right stepping forward on right, step left foot forward

**when transitioning from A to A in pattern, on count 8 touch left toe, so you can step left to start count 1**

## SECTION B

Danced to "Holla" chorus

### POINT LEFT, TOGETHER, KNEES OUT-IN-OUT-IN, 2X

- &1                    Step right, point left toe out to side, (12:00)
- Also on count 1 cup your right hand up next to your mouth as if hollering**
- &2                    Step left next to right, knees together
  - &3&4                    Move knees out-in-out-in with feet together
  - &5-8                    Repeat &1-4

### ¼ TURN, FRONT CROSS ROCK-BACK ROCK X3, ROCK ¼ TURN

- &                      ¼ turn left on left foot (9:00)
- 1&                    Cross rock with right foot in front of left, recover on left foot

**Arms also cross in front on count 1**

2& Rock back on diagonal with right foot, recover on left foot

**Arms move back to sides on count 2**

3&4& Repeat 1&2&

5&6& Repeat 1&2&

**Steps 1-6 you will be traveling to the right**

7& Cross rock with right foot in front of left, recover on left foot

8 ¼ turn right touching right foot next to left (12:00)

17-24 Repeat first 8 counts

&1 Step right, point left toe out to side, (12:00)

**Also on count 1 cup your right hand up next to your mouth as if hollering**

&2 Step left next to right, knees together

&3&4 Move knees out-in-out-in with feet together

&5-8 Repeat &1-4

**ROLL KNEES RIGHT LEFT, ROLL SHOULDERS RIGHT LEFT, DOWN SPLIT, DOWN-UP HEEL JACK**

1-2 Roll right knee to the right and back to center, roll left to the left and back to center

3-4 Roll right shoulder back, roll left shoulder back

5-6 Bend down with hands between knees, split knees apart while looking up

7-8 Head back down, knees in, up and slide to the right with left heel out to left

**Also on count 8 put your right hand behind your head as if posing for a picture**

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