

# Hollaback

拍数: 32      墙数: 4      级数:  
编舞者: Judy McDonald (CAN)  
音乐: Hollaback Girl - Gwen Stefani



---

## STEP RIGHT SIDE, LEFT BALL CHANGE, LEFT KICK, LEFT BALL CROSS

1-2            Step right to side, step left behind right  
&3&4        Step right in place, kick left forward, step left back, step right across in front of left

## LEFT VINE, RIGHT TOGETHER, HEAD TURNS LEFT, THEN CENTER

5-6            Step left to side, step right behind left  
&7&8        Step left to side, step right together, turn head to side look forward

## SHOULDER ISOLATIONS - FORWARD, BACK, FORWARD, BACK, HEAD FLOP TO LEFT

1&2&        Push shoulders forward, pull shoulders back, hold, push shoulders forward  
3&4        Hold, pull shoulders back, bend head to left as if trying to touch ear to shoulder

**The shoulders move on the drum beat so it may be easier to listen for that than to count it**

## WALK FORWARD RIGHT, LEFT, RIGHT, LEFT (WITH ATTITUDE)

5-8            Walk forward right, left, right, left

**Put some attitude into these walks**

## RIGHT STEP TO SIDE, LEFT TOGETHER, HIP ROLLS TWICE

1-4            Step right to side (angle body a bit to left), step left together, roll hips around to the left for count 3-4

## HEEL SWITCHES RIGHT, LEFT, RIGHT BALL CHANGE (MAKING ¼ TURN RIGHT)

5&6&        Touch right heel forward, step right together, touch left heel forward, step left together  
7&8        Touch right heel forward, step right back, step left forward

## RIGHT SHUFFLE FORWARD, LEFT HITCH PULL BACK, LEFT STEP BACK, RIGHT STEP TOGETHER

1&2&        Step right forward, step left beside right, step right forward, hitch left knee up while pulling your body back (stick your bum out)  
3&4        Hold (or you can still be pulling back here), step left back, step right forward

## RIGHT STEP SIDE, LEFT STEP SIDE, LEFT HEEL DROP

5-8            Step right to side, step left to side, lift left heel, drop left heel

**REPEAT**

---