

Hell If I

拍数: 64 墙数: 2 级数: High Intermediate
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音乐: Hell If I - Alejandro Fuentes : (Album: Tomorrow Only Knows)



Start on the verse - 32 counts in (BPM: 92)

(1-8) Cross, Side Together Cross, Side Together Cross, 1/4 Coaster Step, Run Run Run

- 1,2&3 Cross Rt in front of Lt, Step Lt to Lt, Step Rt next to Lt in step and slightly back, Cross Lt in front of Rt
- 4&5 Step Rt to Rt, Step Lt next to Rt in step and slightly back, Cross Rt in front of Lt
- 6&7 Step Lt back 1/4 turn Rt, Step Rt next to Lt, Step Lt fwd
- 8&1 Step Rt fwd 1/8 Rt, Step Lt next to Rt, Step Rt fwd 1/8 Rt (completing a 1/4 turn Rt)

(9-16) Full Turn, Ball Step, Lift, Lunge, Kick, Back Lock, Turn & Step

- 2&3 Make 1/2 turn Lt (weight Lt), Make another 1/2 turn Lt bring Rt foot next to Lt, Step Lt next to Rt
- 4,5,6 Lift Rt foot fwd, Lunge Rt fwd, Replace weight Lt lifting Rt foot fwd
- 7&8 Step Rt back, Cross Lt in front of Rt, Make 1/4 turn Lt stepping back Rt
- &1 Step Lt next to Rt, Step Rt fwd

(17-24) Walk Lt, Rt, 1/2 Step, Turn & Step, 1&1/4 Turn

- 2,3 Step Lt fwd, Step Rt fwd
- 4,5 Make 1/2 turn Lt (weight Lt), Step Rt fwd,
- 6&7 Make a 1/2 turn Rt in place stepping back Lt, Step Rt next to Lt, Step fwd Lt
- 8&1 Make 1/2 turn Lt stepping back Rt, Make 1/2 turn Lt stepping fwd Lt, Make a 1/4 turn Lt stepping Rt to Rt

(25-32) Back Cross Heel, Back Cross Heel, Rock Step, Step Turn Together

- 2&3 Step Lt back diagonal Rt, Cross Rt in front of Lt, Step Lt back diagonal Lt dragging Rt heel to Lt (Travelling backwards)
- 4&5 Step Rt back diagonal Lt, Cross Lt in front of Rt, Step Rt back diagonal Rt dragging Lt heel to Rt (Travelling backwards)
- 6,7 Rock back Lt, Step Rt fwd
- 8&1 Step Lt fwd, Pivot a 1/2 turn Rt (weight Rt), Make a 1/2 turn Rt stepping Lt next to Rt

(33-40) Back, Back, 1/4 Coaster Step, Rock Replace, 1&1/4 Turn

- 2,3 Step Rt a small step back, Step Lt a small step back
- 4&5 Make 1/4 turn Lt stepping back Rt, Step Lt next to Rt, Step Rt fwd
- 6,7 Rock Lt fwd, Replace weight Rt
- 8&1 Make a 1/2 turn Lt stepping fwd Lt, Make a 1/2 turn Lt stepping back Rt, Make a 1/4 turn Lt stepping Lt to Lt

(41-48) Press Slide, Press Slide, Rock & Side, Behind Side Cross

- 2,3 Touch Rt next to Lt in step, Push of the Rt foot and slide Lt to Lt
- 4,5 Touch Rt next to Lt in step, Push of the Rt foot and slide Lt to Lt
- 6&7 Rock Rt behind Lt, Cross Lt in front of Rt, Step Rt to Rt
- 8&1 Step Lt behind Rt, Step Rt to Rt, Cross Lt in front of Rt facing Rt diagonal (7:00)

Restart on the second wall after 48 counts facing 12:00. On count & -- Touch Rt to Rt to Restart

(49-56) Step Turn Step, Triple Turn, Step Turn Step, Triple Turn

- 2&3 Step Rt fwd (7:00), Make 1/2 turn Lt (1:00), Step Rt fwd
- 4&5 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Step Lt fwd (1:00)

6&7 Step Rt fwd (1:00), Make 1/2 turn Lt (7:00), Step Rt fwd 1/8 turn Lt facing (6:00)
8&1 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Step fwd Lt (6:00)

(57-64) Rock Replace, Coaster Step, Rock Replace, Step Hitch Turn

2,3 Rock Rt fwd, Replace weight Lt
4&5 Step back Rt, Step Lt next to Rt, Step Rt fwd
6,7 Rock Lt fwd, Replace weight right
8& Make 1/2 turn Lt stepping Lt fwd, hitch right knee making 1/2 turn left

HAVE FUN !
