

Hello Again

拍数: 80 墙数: 4 级数: Phrased Intermediate
编舞者: Francien Sittrop (NL) - May 2011
音乐: Hello - The Baseballs : (Single)



Intro: Start after 16 counts from the beginning - Sequence: AAB-AAB-B40-B36-BB

Section A

[1 – 8] Kick Ball Step, Toe Strut, Rocking Chair

1 & 2 Kick R fwd, Step R down, Step L fwd
3 – 4 Step R toe fwd, Step R heel down
5 – 6 Rock L fwd, Recover on R
7 – 8 Rock L back, Recover on R

[9-16] Toe strut fwd, Step fwd Pivot ½ L, Step fwd, Hold, Step fwd, Pivot ¼ R

1 – 2 Step fwd on L toe, Step L Heel Down
3 – 4 Step R fwd. Pivot ½ Turn L
5 – 6 Step R fwd, Hold
7 – 8 Step L fwd, Pivot ¼ Turn R

[17-24] Cross Toe Strut, Back Toe Strut, Toe strut back, Rock Recover

1 – 2 Step L across R , Step L Heel Down
3 – 4 Step R back, Step R Heel down
5 – 6 Step back on L toe, Step L Heel down
7 – 8 Rock R back, Recover on L

[25-32] Kick Ball Step , Toe & Heel Swivel x2, Rock Recover

1 & 2 Kick R fwd, Step R down, Step L next to R
3 – 4 Swivel R toe and Left heel out, Swivel R toe and L Heel in
5 – 6 Swivel R toe and Left heel out, Swivel R toe and L Heel in
7 – 8 Rock R back, Recover on L

Section B:

[1 – 8] Side Shuffle, Rock Recover, ½ Turn R, Cross , Hold

1 & 2 Step R to R side, Step L next to R, Step R to R side
3 – 4 Rock L back, Recover on R
5 – 6 ¼ Turn R step L back, ¼ Turn R step R to R side
7 – 8 Step L across R, Hold

[9-16] Side Shuffle, Rock Recover, ½ Turn R, Cross , Hold

1 & 2 Step R to R side, Step L next to R, Step R to R side
3 – 4 Rock L back, Recover on R
5 – 6 ¼ Turn R step L back, ¼ Turn R step R to R side
7 - 8 Step L across R, Hold

[17-24] Side Shuffle, Rock Recover, Step fwd, Pivot ½ R x2

1 & 2 Step R to R side, Step L next to R, Step R to R side
3 – 4 Rock L back, Recover on R
5 – 6 Step L fwd, Pivot ½ Turn R
7 – 8 Step L fwd, Pivot ½ Turn R (Option Rocking Chair)

[25-32] Toe strut fwd , Step fwd, Pivot ½ L x2

1 – 2 Step on L toe fwd, Step L Heel down

3 – 4 Step R fwd, Pivot ½ Turn L
5 & 6 Step on R toe fwd, Step R Heel down
7 – 8 Step L fwd, Pivot ½ Turn R

[33-40] Shimmy's Left ,Hold x2

1 – 4 Step L to L side and shimmy, Step R next to L , Hold ***** Restart Wall 8
5 – 8 Step L to L side and shimmy, Touch R next to L , Hold***** Restart Wall 7

[41-48] Jazz Box, Jazz Box ¼ Turn R

1 – 4 Step R across L, Step L back, Step R to R side, Step L fwd
5 – 8 Step R across L, ¼ Turn R step L back, Step R to R side, Step L fwd

Restarts:

During wall 7 after count 40 Start again with B count 1

During wall 8 after count 36 Start again with B count 1

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