

Hell On Heels

COPPER KNOB
BY STEPHEN B. B. B.

拍数: 48 墙数: 2 级数: Improver
编舞者: Don Carleton (USA) - August 2011
音乐: Hell On Heels - Pistol Annies



Start when she first sings "hell on heels", about 30 seconds in

CROSS, STEP, HEEL POPS, CROSS, STEP, HEEL POPS

- 1-4 Cross right over left, step left to side (turning to face right diag.), lift both heels, drop both heels (weight to right)
5-8 Cross left over right, step right to side (turning to left diagonal), lift both heels, drop both heels (weight to left)

¼ TURN SIDE ROCK, CROSS, HOLD, ¼ TURN RIGHT, BACK COASTER STEP, HOLD

- 1-4 Turn 1/8 turn left rock to right side, recover to left, cross right over left, hold (9:00)
5-8 Turn ¼ turn right step back left, right together, left forward, hold (12:00)

STEP, LOCK, STEP, HOLD, ¼ TURN RIGHT, SIDE ROCK, CROSS, HOLD

- 1-4 Step right forward, lock left behind right, step right forward, hold
5-8 Turn ¼ turn right and rock left to left side, recover to right, cross left over right, hold (3:00)

PROGRESSIVE RUMBA BOX FORWARD

- 1-4 Step right to right side, step left together, step right forward, hold
5-8 Step left to left side, step right together, step left forward, hold

PROGRESSIVE RUMBA BOX BACK

- 1-4 Step right to right side, step left together, step right back, hold
5-8 Step left to left side, step right together, step left back, hold

POINT, TURN, CROSS, HOLD, ROCK SIDE, HOLD, BIG STEP SIDE, DRAG

- 1-4 Point right to right side, turn ¼ turn right and step right beside left, cross left over right, hold (6:00)
5-8 Rock (press) to right side on right, hold, recover to left on left, drag (touch) right next to left

Smile and Begin Again
