

Hell.O

拍數: 64 牆數: 4 級數: Phrased Intermediate
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音樂: Hell.O - Lenny



Sequence : A – A – B - A16 counts - Restart A – Tag – B – A - A16 counts – B - B

Part A: 32 counts

SECT. A1: STEP - BEHIND - HEEL JACK - 3/4 TURN - SHUFFLE

1- 2 Step right side - step left behind
&3&4 Step right side & left heel touch fwd - recover weight on left & step right cross
5 - 6 1/4 turn right and step left back 1/2 turn right and step right fwd (09.00)
7&8 Step left fwd - step right beside - step left fwd

SECT. A2: STEP - HOLD - LOCK - STOMP SIDE - HOLD - WAVE

1 - 2 Step right fwd - hold
&3 - 4 lock left - step right - stomp left side
5 - 6 step right cross over left - hold
&7 - 8 step left side - step right behind - step left side

SECT. A3: ROCK - 1/2 TURN SHUFFLE – FULL TURN - STEP TOUCH

1 - 2 Step right fwd - recover weight
3&4 1/2 turn right & step right fwd - step left beside - step right fwd (03.00)
5 - 6 ½ turn right and step left back – ½ turn right and step right fwd
7 - 8 Step left fwd - touch right side

SECT. A4: SAILOR TURN - ROCK STEP - LOCK SHUFFLE BWD - ROCK STEP

1&2 1/4 turn right and step right back - step left back - step right slightly fwd (06.00)
3 - 4 step left fwd - recover weight
5&6 Step left bwd - step right bwd cross over left - step left bwd
7 - 8 step right bwd - recover weight on left

Part B: 32 counts

SECT. B1: HEEL GRIND 1/4 TURN - COASTER STEP - ROCK STEP – TOE STRUT 1/4 TURN

1 - 2 Heel stomp - 1/4 turn right (03.00)
3&4 Step right back - step left beside - step right fwd
5 - 6 step left fwd - recover weight
7 - 8 point left toe behind – ¼ turn left lower heel (12.00)

SECT. B2: HEEL JACK - STEP CROSS - SHUFFLE CROSS

1&2 Step left cross over - step right side and left heel touch fwd diag.
&3 - 4 Step left on place and step right cross over left - step left side
5 - 6 step right cross over left - hold
7&8& Step left side and step right cross - step left side and step right cross

SECT. B3: ROCK SIDE - WAVE - ROCK SIDE - SAILOR TURN

1 - 2 Step left side - recover weight
3&4 Step left behind - step right side - step left cross over
5 - 6 step right side - recover weight
7&8 1/2 turn right and step right bwd - step left back - step right slightly fwd (06.00)

SECT. B4: STEP – KICK BALL TOE BACK - STOMP - HOLD - APPLEJACK

1 - 2 Step left fwd – Kick right

&3-4 Step right on place and toe touch left back – stomp left beside right
5&6& weight on left heel and right toe , swivel - return to the centre. weight on right heel and left toe, swivel - return to the centre
7&8& weight on left heel and right toe , swivel - return to the centre. weight on right heel and left toe, swivel - return to the centre

Tag 4 count

ROCKIN ' CHAIR

1 - 2 Step right fwd - recover weight
3 - 4 Step right bwd - recover weight

Restart at the 4th wall after 16 counts

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