

# The Only Hell

拍數: 60      牆數: 4      級數: Easy Intermediate  
編舞者: Dirk Leibing (DE) & Silvia Schill (DE) - November 2017  
音樂: I'm the Only Hell (My Mama Ever Raised) - Johnny Paycheck



Intro: 16 counts

## S1: Cross Rock, Recover, Chassee, Cross, ¼ Turn, Chasse

1-2      Cross RF in front of LF(1), Recover(2)  
3&4      Step RF right(3), Close LF next to RF(&), Step RF right(4)  
5-6      Cross LF in front of RF(5), Turn ¼ left stepping RF back(6)(9:00)  
7&8      Step LF left(7), Close RF next to LF(&), Step LF left(8)

## S2: Syncopated Cross Rock Steps(R+L), Cross, ¼ Turn, Coaster Step

1-2&      Cross Rock RF in Front of LF(1), Recover on LF(2), Close RF next to LF(&)  
3-4&      Cross Rock LF in Front of RF(3), Recover on RF(4), Close LF next to RF(&)  
5-6      Cross RF in Front of LF(5), Turn ¼ right stepping LF back(6)(12:00)  
7&8      Step RF back(7), Close LF next to RF(&), Step RF forward(8)

## S3: Walk, Walk, Triple ½ Turn, Back Rock Step, Triple ½ Turn

1-2      Step LF forward(1), Step RF forward(2)  
3&4      Turn ¼ right stepping LF left(3)(3:00), Close RF next to LF(&), Turn ¼ right stepping LF back(4)(6:00)  
5-6      Rock RF back(5), Recover on LF(6)  
7&8      Turn ¼ left stepping RF right(7)(3:00), Close LF next to RF(&), Turn ¼ right stepping RF back(8)(12:00)

## S4: ¼ Turn Side Rock, Sailor Step, Kick Ball Side(2x)

1-2      Turn ¼ left and Rock LF left(1)(9:00), Recover on RF(2)  
3&4      Step LF behind RF(3), Step RF right(&), Step LF left(4)(7:30) Turn 1/8 left while doing the Sailor Step  
5&6      Kick RF forward(5), Step on Ball of RF(&), Step LF left(6)  
7&8      Kick RF forward(7), Step on Ball of RF(&), Step LF left(8)

## S5: Side Rock, Sailor Step, Heel Switches, Claps

1-2      Rock RF right(1), Recover on LF(2)  
3&4      Step RF behind LF(3), Step LF left(&), Step RF right(4)(6:00) Turn 1/8 left while doing the Sailor Step  
5&6&      Touch left Heel forward(5), Close LF next to RF(&), Touch Right Heel forward(6), Close RF next to LF(&)  
7&8      Touch left Heel forward(7), Clap(&), Clap(8)

## S6: Rock Step, Triple ½ Turn(2x), Coaster Step

&1-2      Close LF next to RF(&), Rock RF forward((1), Recover on LF(2)  
3&4      Turn ¼ right stepping RF right(3)(9:00), Close LF next to RF(&), Turn ¼ right stepping RF forward(4)(12:00)  
5&6      Turn ¼ right stepping LF left(5)(3:00), Close Rf next to RF(&), Turn ¼ right stepping LF back(6)(6:00)  
7&8      Step RF back(7), Close LF next to RF(&), Step RF forward(8)

## S7: Charleston Steps

1-2      Step LF forward(1), Point RF forward(2)  
3-4      Step RF back(3), Point LF back(4)

5-6 Step LF forward(5), Point RF forward(6)  
7-8 Step RF back(7), Point LF back(8)

**S8: Jazz Box ¼ Turn, Brush**

1-2 Step LF forward(1), Turn ¼ left stepping RF back(2)(3:00)  
3-4 Step LF left(3), Brush RF(4)

**Have Fun**

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