

Hela Ho

拍數: 64 牆數: 2 級數: Phrased High Beginner
編舞者: Janet (Zhen Zhen) Ge (CN) - May 2018
音樂: Hela Ho - Die Campbells



Sequence: AABB - T- AABB - AT - BBB

Intro: 32 counts

Part A 32 counts

[1-8] Vine R, Side, Point, 1/4 Turn L, 1/4 Turn L Hitch

1-4 Step R to side, cross L behind R, step R to side, cross L over R
5-8 Step R to side, point L diagonal R, 1/4 turn L step L forward, brush R & 1/4 turn L hitch R
(6:00)

[9-16] Vine R, Side, Point, 1/4 Turn L, 1/4 Turn L Hitch

1-4 Step R to side, cross L behind R, step R to side, cross L over R
5-8 Step R to side, point L diagonal R, 1/4 turn L step L forward, brush R & 1/4 turn L hitch R
(12:00)

[17-24] Rumba Box

1-4 Step R to side, step L together, forward shuffle R-L-R
5-8 Step L to side, step R together, back shuffle L-R-L

[25-32] Rock, 1/2 Turn Back Shuffle, Rock, Fwd Shuffle

1-4 Rock R back, recover on L, 1/2 turn L back shuffle R-L-R
5-8 Rock L back, recover on R, forward shuffle L-R-L (6:00)

Part B 32 Counts

[1-8] Out, Out, In, In, Hip-Bump R, Hip-Bump L

1-4 Step R heel diagonal R, step L heel diagonal L, step R back, step L together
5-8 Step R to side & hip bump R-L-R, hip bump L-R-L

[9-16] Pivot 1/4 Turn L (X2), Jazz Box Step

1-4 Step R forward, 1/4 pivot L, step R forward, 1/4 pivot L,
5-8 Cross R over L, step L back, step R to side, cross L over R (6:00)

[17-24] Rock, Cross Shuffle, Rock, Cross Shuffle

1-4 Rock R to side, recover on L, cross shuffle R-L-R
5-8 Rock L to side, recover on R, cross shuffle L-R-L

[25-32] Rock, 1/2 Turn Fwd Shuffle, 1/2 Pivot R, Fwd Shuffle

1-4 Step R forward, recover on L, 1/2 turn R forward shuffle R-L-R
5-8 Step L forward, 1/2 pivot R, forward shuffle L-R-L (6:00)

Start again

Tag: 4 Counts

[1-4] Side, Touch, Side, Touch

1-4 Step R to side, touch L beside R, step L to side, touch R beside L

Have Fun!

Contact: 93806188@qq.com

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