

Raise a Little Hell

拍數: 32 牆數: 2 級數: High Improver
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音樂: Raise Hell - Dorothy



Start 32 counts in on vocals. No Tags/Restarts

[1-8]: Stop, hold, clap, slap knee, hip, hip, right sailor, ¼ turn to the right left sailor

- 1-4 Stop right foot (1), hold (2), clap hands above forehead (&), bring left knee up and slap both hands over it (3), step left foot down bumping left hip to left (&), bump hip to right (4)
- 5-8 sailor on right – step right foot slightly behind left (5), step down on left (&), step right slightly forward (6), sailor on the left making ¼ turn to right – step left behind right, turning to the right (7), step right slightly forward on 3 o'clock wall (&), step forward on left (8)

[1-8]: Walk, walk, triple stomp forward, ¼ hip bumps to the right (now facing back wall), kick jump, stomp, stomp

- 1-4 Sexy walk forward on the right (1), sexy walk forward on the left (2), stomp forward right (3), left (&), right (4)
- 5-8 Turning your body to the back wall, step right foot out to the right side and bump your right hip (5), bump left (&), bump right bring weight down on right foot (6), scuff left foot forward and up (7), step down on left (&), step down on right keeping weight centered (8)

[1-8]: Stomp, stomp, clap 2x's, syncopated grapevine right, scuff, ½ turn right, jazz box

- 1-4 Walk stomp forward on right (1), walk stomp forward on left (&), clap hands above forehead (2), repeat (3&4)
- 5-8 Syncopated grapevine to right (5), step left behind right (&), step right to right side (6), scuff left foot making a half turn to front wall (&), cross left foot over right (7), step back on right (&), step left to left side (8)

[1-8]: Run, run, run, heel bounces with hand rolls, Monterey, body roll

- 1-4 Bending over slightly, run forward right (1), left (&), right (2), bounce left heel in place while starting to roll your hands towards you low – think reverse John Travolta move (3), bounce right heel continuing hand rolls now in the center as you start to stand up (&), bounce left heel continuing hand rolls that should now be above your head – weight should be fully on left (4)
- 5-8 Step right foot out to right side (5), step right foot into center making a ½ turn to back wall (6), step left out to left side and body roll (7-8)

Repeat