

To Hell & Back

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Cato Larsen (NOR) - 2 March 2022
音樂: Take You To Hell - Ava Max



Alt. CD: Ava Max – Heaven & Hell (2020).
Intro: Start the dance after 16 counts of singing (28 seconds).
Motion: Novelty.

[1 – 8] Mambo Step, Sailor ½ turn, Mambo Step, Sailor ¼ turn.

1&2 Step forward on right (1), Rock (recover) back again on left (&), Step back on right (2). 12:00
3& Starting to turn left; Cross left behind right (3), Turn ¼ turn left Stepping right next to left (&).
9:00
4 Turn ¼ turn left Stepping forward on left (4). 6:00
5&6 Step forward on right (5), Rock (recover) back again on left (&), Step back on right (6).
7& Starting to turn left; Cross left behind right (7), Turn ¼ turn left Stepping right next to left (&).
3:00
8 Step left slightly to left side (8).

[9 – 16] Cross Rock, Side, Weave, Vaudeville.

1&2 Cross right over left (1), Rock (recover) back again onto left (&), Step right to right side (2).
3&4 Cross left over right (3), Step right to right side (&), Cross left behind right (4).
&5 Step right slightly right (&), Touch left heel diagonally forward left (5).
&6 Step left next to right (&), Cross right over left (6).
&7 Step left slightly to left side (&), Touch right heel diagonally forward right (7).
&8 Step right next to left (&), Cross left over right (8).

[17 – 24] Unwind & Sweep, Back Rock Step, Flick, Side, Flick, Side, Ball-Side, Sailor Step.

1 Unwind ¾ turn right Sweeping right foot clockwise backwards (1). 12:00
2&3 Cross right behind left (2), Rock (recover) forward again onto left (&), Step right to right side
(3).
&4 Flick left foot behind right leg (&), Step left to left side (4).
&5 Flick right foot behind left leg (&), Step right to right side (5).
&6 Step left next to right (&), Step right to right side (6).
7&8 Cross left behind right (7), Step right slightly right (&), Step left slightly left (8).

[25 – 32] Weave, Point, Modified Monterey turn, Side Rock, Cross Rock, ¼ turn.

1& Cross right over left (1), Step left to left side (&).
2& Cross right behind left (2), Step left to left side (&).
3&4 Cross right over left (3), Step left to left side (&), Point right toe to right side (4).
5 Turn (spin) ½ turn right Stepping right next to left (5). 6:00
6& Step left to left side (6), Rock (recover) back again onto right (&).
7& Cross left over right (7), Rock (recover) back again onto right (&).
8 Turn ¼ turn left Stepping forward on left (8). 3:00