

Hell Yeah

拍數: 32
編舞者: Kety B (IT) - 12 April 2022
音樂: Hell Yeah - Little Big Town

牆數: 2

級數: Phrased Improver



SEQUENCE : 1-1-2-2-TAG-1-2-2-TAG-2-2-2-2-TAG-TAG

(1) LONG STEP RF, STEP CROSS BACK, KICK BOOL CROSS, PRESS RECOVER, SAILOR STEP LF

- 1-2 Long side step to the RF, LF step crossing behind RF.
&3 &4 Kick LF foot forward, step ball of LF foot back to place, Cross RF foot in front of LF
5-6 Step LF to side LF (2^ position), Circular movement hips LF, RF, LF
7&8 Cross LF behind RF, Side RF, Side LF

SHUFFLE RF, STEP TURN, STEP HIP ROOL, CROSS SHUFFLE

- 1&2 Step forward RF, LF step near RF heel (3^ position), Step forward RF
3-4 Step forward LF, turn ½ to the RF
5-6 Step LF to side LF (2^ position), Circular movement hips LF, RF
7&8 Cross the LF in front of the RF and Turn

(2) RUMBA BOX, STEP TURN, FULL TURN

- 1&2 Step Rf side Rf, LF to LF, Step back RF
3&4 Step LF side LF, RF to RF, Step forward LF
5&6 Rock step forward RF, Rock ½ turn step RF
7-8 Step LF full turn of the RF

ROCK, STEP, TURN CROSS

- 1&2 Step forward on LF, Rock back on RF foot, Return to 1^ position
3&4 Step back on RF, Rock forward on the LF foot, Return to 1^ position
5&6 Step forward LF , ¼ turn to the RF, Cross the LF in front of the RF
7&8 Cross the LF front of the RF turn ¼

TAG

PRESS, RECOVER, SWEEP, SHAFFLE, TURN , HIP ROOLL, TURN

- 1&2 RF toe/ball press forward, LF recover step back, RF press forward
& Sweep (rondè) RF back
3&4 RF toe/baal press back, LF recover step forward, RF press back
& 5-6 Sweep (rondè) LF back, sweep (rondè) Rf back
7&8 LF toe/ball press forward , RF recover step back, RF press back

9-10&11 Step forward LF, Step RF, Bring the LF foot up to the heel, Step forward RF
4-5 Step RF turn ¼ hip roll of the LF
6-7-8 Step RF turn ¼ RF hip roll of the , Cross Lsx F foot in front of RF