

Hello Walls

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kristin Kingsley (USA) - May 2024
音樂: Hello Walls - Scooter Lee



Introduction: 16 counts (Use half time counts for this dance. 1, 2, 3, 4, 5, 6, 7, 8 = 1 & 2 & 3 & 4 &)

SECTION 1: 4 WALKS 1/2 CIRCLE RIGHT, CHARLESTON (Fwd R, Kick L, Back R, Touch L)

1-4 Step R fwd (1:30) [1], Step L fwd (3:00) [2], Step R fwd (4:30) [3], Step L fwd (6:00) [4]
5-8 Step R forward [5], Kick L forward and low [6], Step L back [7], Touch R Toe back [8]

SECTION 2: STEP, CROSS, STEP, HEEL - R & L

1-4 Step R to right side [1], Step L over R [2], Step R to right side [3], Touch L Heel to left side [4]
5-8 Step L to left side [5], Step R over L [6], Step L to left side [7], Touch R Heel to right side [8]

SECTION 3: JAZZ BOX-TURNING 1/4 RIGHT, HIP BUMPS IN PLACE-4X*

1-2 Step R crossing over L-1/8 turn R (7:30) [1], Step L back (9:00) [2]
3-4 Step R forward [3], Step L next to R lifting R Heel up into a "popped" position [4]
5&6& Bump Hips R [5], Bump Hips L [&], Bump Hips R [6], Bump Hips L [&]
7&8& Bump Hips R [7], Bump Hips L [&], Bump Hips R [8], Bump Hips L [&]

*Styling, you can take the hips bumps: R up, L Recover, R down, L Recover and repeat. To make this easier, straighten your left knee on the first R hip bump up [5] then recover to soft knees as you take the hips left [&]. Next, bend your left knee on the second hip bump to make the right hip go more diagonally downward [6] and then recover to soft knees as you take the hops left [&]. Repeat.

SECTION 4: MONTEREY TURNS- 2X TURNING 1/4 RIGHT

1-2 Point R foot side [1], Step R together next to L as turn 1/4 right (12:00) [2]
3-4 Point L foot side [3], Step L together next to R [4]
5-6 Point R foot side [5], Step R together next to L as turn 1/4 right (3:00) [6]
7-8 Point L foot side [7], Step L together next to R [8]

ENJOY! No Tags, No Restarts.

See all of the dances from Miss Dolly and KK on Copperknob (Dolores Kingsley, Kristin Kingsley) and YouTube under @dollysdances6040; Dolly's Dances