

# Love From Hilary

拍數: 32      牆數: 2      級數: Advanced  
編舞者: Michael Lynn (UK)  
音樂: With Love - Hilary Duff



## CHASSE RIGHT, STEP HOLD, STEP PIVOT ¼ LEFT, HOLD CROSS SIDE

1&2      Step right to right side, close left beside right, step right to right side  
3-4      Step forward left, hold  
5-6      Step forward right, pivot ¼ left - transferring weight to left  
7&8      Hold, cross right over left, step left to left side

## CROSS HOLD, SIDE ROCK RECOVER & HEEL CROSS, SHRUG, HEAD, STEP, SHRUG

1-2      Cross right behind left, hold  
3&4      Rock right to right side, recover weight onto left, cross right heel over left  
5-6      Shrug shoulders up, with sharp head turn look to left (9:00)  
7&8      Step forward left, shrug shoulders up & down

## TWIST, TWIST, CROSS, SIDE, HEEL DIG, FULL SIDE TRIPLE TURN, PADDLE ¼ TURNS LEFT

1-2      Twist heels out, twist heels in  
3&4      Cross left behind right, step right in place, dig left to left diagonal (traveling left)  
5&6      Triple step full turn left, stepping - left, right, left (traveling left to face same wall)  
&7      Hitch right knee across left, make ¼ turn left pointing right toe to right side  
&8      Hitch right knee across left, make ¼ turn left pointing right toe to right diagonal (transfer weight to right)

## ATTITUDE KNEE POPS & FUNKY SHOULDERS/ARMS, TOUCH, SLIDE, STEP SWIVELS

1&      Pop right knee in bringing right shoulder & right arm in, step right back bringing right shoulder & right arm out  
2&      Pop left knee bringing left shoulder & left arm in, step left foot back bringing left shoulder & left arm out  
3&      Pop right knee in bringing right shoulder & right arm in, pop right knee out bringing right shoulder & right arm out  
4      Pop right knee in bringing right shoulder & right arm in  
5-6      Take a large step with left ¼ right, as you slide right beside left push right arm to right side  
&7&8      Step right foot forward, swivel both heels forward (body facing 9:00), swivel both heels back in place, swivel both heels forward with weight ended on left

## REPEAT

## TAG

After wall 7

## WALKAROUND TURN

1-4      Make a full turn left walking round right, left, right, left