

Helele

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Alison Metelnick (UK) & Peter Metelnick (UK) - September 2012
音樂: Helele - Helele : (Album: Mr Saxobeat, - Summer Dance Hits)



Start 32 counts after beat kicks in approx. 17 seconds in [127bpm – 3mins 7 secs]

[1-8] R heel grind, R coaster, L fwd, R forward with L spiral turn, L fwd shuffle

1-2 Touching R heel forward grind heel from left to right keeping weight on left

3&4 Step R back, step L together, step R forward

5-6 Step L forward (extended 5th), step R forward with L full spiral

Non-turning option for counts 5-6: Walk forward L/R (12 o'clock)

7&8 Step L forward, step R together, step L forward

[9-16] R heel fwd, R together, L touch together, L kick-together-point, R together, L point, L behind-side-cross, ¼ L & R back

1&2 Touch R heel forward, step R together, touch L together

3&4 Kick L forward, step L together, point R side

&5 Step R together, point L side

6&7 Cross step L behind R, step R side, cross step L over R

8 Turning ¼ left step R back (9 o'clock)

[17-24] ¼ L & L side, R together, L fwd shuffle, R fwd rock/recover, R coaster

1-2 Turning ¼ left step L side, step R together (6 o'clock)

3&4 Step L forward, step R together, step L forward

5-6 Rock R forward, recover weight on L

7&8 Step R back, step L together, step R forward

[25-32] L heel fwd, L together, R touch together, R kick-together-point, L together, R point, R behind-side-cross, L side

1&2 Touch L heel forward, step L together, touch R together

3&4 Kick R forward, step R together, point L side

&5 Step L together, point R side

6&7-8 Cross step R behind L, step L side, cross step R over L, step L side

[33-40] R kick ball cross, full turn L, L kick ball cross, step L to L side

1&2 Kick R forward, step R back, cross step L over R

3-5 Turning ¼ left step R back, turning ½ left step L forward, turning ¼ left step R side

Non-turning option for counts 3-5: R side, L behind, R side (6 o'clock)

6&7-8 Kick L forward, step L back, cross step R over L, step L side

RESTARTS: During walls 3 & 5: dance up to count 40 and restart the dance facing back wall.

[41-48] R back rock/recover, R side shuffle, L back rock/recover, L shuffle fwd

1-2 Rock R back, recover weight on L

3&4 Step R side, step L together, step R side

5-6 Rock L back, recover weight on R

7&8 Step L forward, step R together, step L forward

[49-56] ¼ R jazz box cross, Vine 4 with ½ R & ARMS

1-4 Cross R over L, turning ¼ right step L back, step R side, cross step L over R (9 o'clock)

5-8 Step R side, cross step L behind R (dip), turning ¼ right step R forward, turning ¼ R step L side (3 o'clock)

ARMS Counts 5-8: Arms chest level prayer position, open arms upwards palms up, arms back to prayer

position, open arms upwards palms up

[57-64] Vine 2 with ¼ L & ARMS, R fwd shuffle, L fwd rock/recover, L touch back, unwind ½ L

1-2 Cross step R behind L (dip), turning ¼ left step L forward (12 o'clock)

ARMS Counts 1-2: Chest level prayer position, arms upwards palms up

3&4 Step R forward, step L together, step R forward

5-8 Rock L forward, recover weight on R, touch L back, unwind ½ left with weight on L (6 o'clock)

TAGS: At end of walls 1 (back wall) & 4 (front wall)

1-4 Stomp R forward, hold (double clap), stomp L forward, hold (double clap)

5-8 Rock R forward, recover weight on L, rock R back, recover weight on L

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