

Du är Hel

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Micaela Svensson Erlandsson (SWE) - December 2013
音樂: Du Är Hel - Stefan Jernsand & Jenny Rydén : (Album: Golgata Kors)



Intro: 32 counts

Section 1: Basic Nighclub right. Turn 1/4 left. Full Turn forward. Basic Nighclub right. Turn 1/4 left .Run. Run.

1-2& Step a long step right on right. Rock back on left. Recover onto right.
3 Turn 1/4 left stepping forward on left.
4& Turn 1/2 stepping back on right. Turn 1/2 left stepping forward on left.
5-6& Step a long step right on right. Rock back on left. Recover onto right.
7 Turn 1/4 left stepping forward on left.
8& Run forward on right. Run forward on left

Section 2: Rock forward right. Back. Sweep left. Sweep right. Coaster step left. Step. Turn 1/2 left.

1-2& Rock forward on right. Rock back onto left. Step back on right.
3-4 Sweep left from front to back. Sweep right from front to back.
5&6 Step back left. Step right beside left. Step forward left.
7-8 Step forward on right. Turn 1/2 left.

Section 3: Sync. Full Turn forward . Step. Sync. Full Turn forward. Step. Mambo step forward right. Sweep. Sync. Rock back right

1&2 Turn 1/2 stepping back on right, turn 1/2 left stepping forward on left. Step forward on right.
3&4 Turn 1/2 stepping back on left. Turn 1/2 Stepping forward on right.
5&6 Rock forward on right. Rock back onto left. Step back on right.
7-8& Sweep left from front to back. Rock back on right. Rock forward onto left.

Section 4: Basic Nightclub right. Basic Nightclub left. Turn 1/4 right. Step. Turn 1/2 right. Step. Sync. Full turn.

1-2& Step a long step right on right. Rock back on left. Recover onto right
3-4& Step a long step left on left. Rock back on right. Recover onto left
5 Turn 1/4 left stepping forward on right.
6&7 Step forward on left. Turn 1/2 right. Step forward on left
8& Turn 1/2 stepping back on right. Turn 1/2 stepping forward on left.

Tag : After Wall 2 ,4,6 ,8, always facing 6 o'clock

Rock forward right. Turn 1/2 right. Walk . Run.Run.

1-2& Rock forward on right. Rock back onto left. Turn 1/2 right Stepping forward on right.
3-4& Walk forward left. Run forward right. Run forward left.

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