

拍數: 64      牆數: 2      級數: Improver  
編舞者: Roy Verdonk (NL) & José Miguel Belloque Vane (NL) - August 2014  
音樂: Hello (feat. Fly Project) - Mandinga



**Intro: 32 counts after first beat kicks in (46 seconds)**

**S1: Syncopated Cross Rocks (2X), Cross, Side, Sailor With 1/4 Turn R**

1-2&      Rf cross in front of Lf, recover onto Lf, Rf step together ( & )  
3-4&      Lf cross in front of Rf, recover onto Rf, Lf step together ( & )  
5-6      Rf cross in front of Lf, Lf step left  
7&8      Rf cross behind Lf, make 1/4 turn right stepping Lf left (&), Rf step forward (3.00)

**S2: Syncopated Cross Rocks (2X), Cross, Side, Sailor With 1/4 Turn L**

1-2&      Lf cross in front of Rf, recover onto Rf, Lf step together ( & )  
3-4&      Rf cross in front of Lf, recover onto Lf, Rf step together ( & )  
5-6      Lf cross in front of Rf, Rf step right  
7&8      Lf cross behind Rf, make 1/4 turn left stepping Rf right (&), Lf step forward (12.00)

**S3: Shuffle Forward R, Shuffles Forward L/R With Full Turn R, Rock Forward L/Recover R**

1&2      Rf step forward, Lf step together ( & ), Rf step forward  
3&4      make 1/4 turn right stepping Lf left, Rf step together ( & ), make 1/4 right stepping Lf back  
5&6      make 1/4 turn right stepping Rf right, Lf step together ( & ), make 1/4 turn right stepping Rf forward (12.00)  
7-8      Lf rock forward, recover onto Rf

**S4: Shuffles Backwards L/R, Touch Back L, 1/2 Turn L, Step Forward With 1/2 Turn L**

1&2      Lf step back, Rf step together (& ) , Lf step back  
3&4      Rf step back, Lf step together (&), Rf step back  
5-6      Lf touch back, make 1/2 turn left stepping Lf forward ( 6.00 )  
7-8      Rf step forward, make 1/2 turn left stepping Lf forward

**S5: Heel/Toe Switches, Touch Together, Kick With 1/4 Turn R, Coaster R**

1&2&      Rf touch heel forward, Rf step together ( & ), Lf touch heel forward, Lf step together ( & )  
3&4&      Rf touch toes right, Rf step together ( & ), Lf touch toes left, Lf step together ( & )  
5-6      Rf touch next to Lf, make 1/4 turn right kicking Rf forward ( 3.00 )  
7&8      Rf step back, Lf step together ( & ), Rf step forward

**S6: Toe/Heel Crosses (2X), Rock Forward L/Recover R, Shuffle Back L**

1&2      Lf touch toes next to Rf, Lf touch heel next to Rf ( & ), Lf step forward  
3&4      Rf touch toes next to Lf, Rf touch heel next to Lf ( & ), Rf step forward  
5-6      Lf rock forward, recover onto Rf  
7&8      Lf step back, Rf step together (& ) , Lf step back

**S7: Toe/Heel Strut Backwards R/L , Rock Back R / Recover L, Kick/Ball/Change R**

1-2      Rf touch toes back, Rf drop heel down (taking weight on Rf)  
3-4      Lf touch toes back, Lf drop heel down (taking weight on Lf )  
5-6      Rf rock back, recover onto Lf  
7&8      Rf kick forward , Rf step together ( & ), Lf step forward

**S8: Step Forward R, 1/2 Turn L, Rock Forward R/Recover L, Step Back R, 1/4 Turn L, Side L, Cross/Side/Cross/Side**

1-2      Rf step forward, make 1/2 turn left stepping Lf forward ( 9.00 )

3-4 Rf rock forward, recover onto Lf  
5-6 Rf step back, make 1/4 turn left stepping Lf left ( 6.00)  
7&8& Rf cross in front of Lf, Lf step left ( & ), Rf cross in front of Lf, Lf step left ( & )

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