

# Hella Dance

**Count:** 32

**Wall:** 4

**Level:** Intermediate / Advanced

**Choreographer:** Scott Blevins (USA)

**Music:** Hella Good - No Doubt



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- |       |  |
|-------|--|
| 1-2   | Kick Right Leg to Right Side while lifting Left side of Rib cage; Bring Right knee into open hitch position, while dropping Left side of Rib cage and lifting Right side of Rib cage         |
| 3&4   | Right Sailor Shuffle   |
| 5&6   | Left Sailor Shuffle, making ¼ turn Left on "&" count, stepping forward on Count 6  |
| 7-8   | Kick Right foot forward; Bending at knee, push Right foot back and pulse chest forward   |
|       |  |
| 1-2&  | Step forward on Right foot; Pivot ½ turn Left; Make ½ turn Left on Left foot   |
| 3&4   | Touch Right foot to Right side; Touch Right foot to center; Touch Right foot to Right side   |
| 5&6   | Kick Right foot forward; Angling 1/8 to Right, Step Right foot to center; Touch Left foot to Left side (from this point on, you will be on diagonals until Count 3 in the last section of 8) |
| 7&8   | Kick Left foot forward; Bring Left foot to center, putting weight on balls of both feet, heels off floor and knees bent; Drop heels to floor shifting weight to Left foot, knees bent        |
|       |  |
| 1 - 2 | Take exaggerated step forward with Right foot into crouched position; Hitch Left leg next to Right, rotating ¼ to Left   |
| 3&4   | Triple forward L,R,L   |
| 5-6   | Step Right foot forward; Pivot ½ to Left   |
| 7&8   | Triple forward R,L,R   |
|       |  |
| 1-2   | Step Left foot forward; Pivot ½ turn Right   |
| 3-4   | Make 1/8 turn Right, stepping Left foot to Left side; From waist up, Torque (twist) body to Left   |
| 5-6   | Relaxing torque, make ¼ turn Right, stepping on Right foot; Continue rotating ¾ turn to Right on Right foot  |
| 7-8   | Arching your back, point Left foot out to Left side to stop rotation; Step Left foot across and in front of Right, landing on bent leg   |

**BEGIN AGAIN!**

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