

The Hell You are

COPPER KNOB
STEPSHEETS

Count: 40

Wall: 4

Level: High Beginner

Choreographer: Barbara Kremm (USA) - July 2025

Music: the hell you are - Ashley Cooke



Dance Starts on the first verse on the word "I"

*1 Restart on Wall 3 (12:00 wall) after 24 counts

#1st 8 count- R-Heel Swivels, Coaster, L-Heel Swivels, Coaster

1,&,2,3,&,4 Tap RF toe fwd(1), swivel both heels to right(&), swivel both heels back to center(2), step RF back(3), step LF back(&), step RF fwd(4)

5,&,6,7,&,8 Tap LF toe fwd(5), Swivel both heels to left(&), swivel both heels back to center(6), step LF back(7), step RF back(&), step LF fwd(8)

#2nd 8 count- R-Rock, Triple Step ¼ R-Turn, L-Rock, ½ Turn to L, Triple Step

1,2,3,&,4 Rock RF fwd(1), recover on LF(2), turning ¼ turn to right step RF fwd(3), step LF beside RF(&), step RF fwd(4)

5,6,7,&,8 Rock LF fwd(5), recover on RF(6) turning ½ turn to left step LF fwd(7), step RF beside LF(&), step LF fwd(8)

#3rd 8 count- R-Kick Fwd, R-Kick Side, R-Coaster, L-Heel Grind ¼ Turn to L, L-Coaster

1,2,3,&,4 Kick RF forward(1), kick RF to right side(2), step RF back(3), step LF back(&), step RF forward(4)

5,6,7,&,8 Put LF heel beside RF(5), pivot LF heel(grind) while turning ¼ turn to left(6), step LF back(7), step RF back(&), step LF forward(8)

Restart Here on wall 3 facing 12:00

#4th 8 count- R-Rocking Chair, R-Step Fwd, ½ Turn to L, R-Step Fwd, ¼ Turn L

1,2,3,4 Rock RF forward(1), recover on LF(2), rock step RF back(3), recover on LF(4)

5,6,7,8 Step RF forward(5), ½ turn to left(6), step RF forward(7) ¼ turn to left(8)

#5th 8 count- L-Weave, R-Weave

1,2,3,4 Cross RF in front of LF(1), step LF beside RF(2), cross RF behind LF(3), tap LF toe to left side(4)

5,6,7,8 Cross LF in front of RF(5), step RF beside LF(6), cross LF behind RF(7), tap RF toe to right side(8)

I hope you Enjoy this line dance! I loved choreographing it!

I'd love to see your videos of you doing this dance or teaching this in your classes.

You can find me on Facebook at Barbara Kremm

Or email me at bkldboots@gmail.com

www.youtube.com/@BKBoots

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