

Aloha Heja He

Compte: 32

Mur: 2

Niveau: Beginner

Chorégraphe: Maria Nix (DE) - February 2022

Musique: Aloha Heja He - Achim Reichel : (Album: Melancholia and Storm tide - 1991)



Intro: Start after 32 count and 1 count before singer starts

S1: Side step right, behind side ¼ turn, shuffle, step ¼ turn, shuffle across

- 1-2 step right with right foot, set left foot behind right foot
- 3&4 step right with right foot with ¼ turn facing 3 o'clock, close left foot, step forward with right foot
- 5-6 step forward with left foot, ¼ turn right facing 6 o'clock with weight on right foot
- 7&8 cross left foot over right foot with weight on right foot, close right foot behind right foot, cross left foot over right foot

S2: Right/left side rock, behind side cross, side rock, behind side cross

- 1-2 step right with right foot with weight on right foot, left foot remains on place, put weight back on left foot
- 3&4 cross right foot behind left foot, close left foot next to right foot, cross right foot over left foot
- 5-6 step left with left foot with weight on left foot, right foot remains on place, put weight back on right foot
- 7&8 cross left foot behind right foot, close right foot next to left foot, cross left foot over right foot

S3: Step, lock, step lock step right/left

- 1-2 step forward with right foot, cross left foot tight behind right foot
- 3&4 step forward with right foot, cross left foot tight behind right foot, step forward with right foot
- 5-6 step forward with left foot, cross right foot tight behind left foot
- 7&8 step forward with left foot, cross right foot tight behind left foot, step forward with left foot

S4: Rock step, ½ turn right, shuffle, rock step, sailor ½ turn left

- 1-2 step forward with right foot with weight on right foot, left foot remains on place, put weight back on left foot
- 3&4 ½ turn right with right foot facing 12 o'clock, close left foot next to right foot, step forward with right foot
- 5-6 step forward with left foot with weight on left foot, right foot remains on place, put weight back on right foot
- 7&8 cross left foot behind right foot, ½ turn left facing 6 o'clock with weight on left foot

Tag – 16 count (2 times) / Ending

In wall 5 after 24 counts (after left step lock step) – facing 6 o'clock

In wall 7 after 8 counts (after step ¼ turn) – facing 6 o'clock

In wall 9 after 24 counts (after left step lock step) – facing 6 o'clock / ½ turn left facing 12 o'clock, keep swinging arms until the end (ending)

S1: Step, ½ turn left to 12 o'clock, step ½ turn left to 6 o'clock, at the same time raise your hands, swing your arms in time with the song from right to left (see demo video)

- 1-2 step forward with right foot, at the same time raise your hands; swing them to the right side in front of your body
- 3-4 ½ turn left on both balls facing 6 o'clock, at the same time raise your hands; swing them to the left side in front of your body
- 5-6 step forward with right foot, at the same time raise your hands; swing them to the right side in front of your body
- 7-8 ½ turn left on both balls facing 12 o'clock, at the same time raise your hands; swing them to the left side in front of your body

S2: Grapevine, rolling vine

- 1-4 step right with right foot, cross left foot behind right foot, step right with right foot, tap left foot next to right foot
- 5-8 full turn with 3 steps towards left (left-right-left), tap right foot next to left foot
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