

# Høl i Potta

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphie: Emil Langdal Tørstad (NOR) - December 2024

Musique: Høl i potta - Hagle, ZadeKing & Blåsemafian : (Album: Bassen i bagasjen)



Restart in Wall 3 after 16 counts. Tag after Wall 1 and after Wall 4

Intro: 16 counts (start on vocals)

## S1 - (Walk, Walk, Step-Lock-Step) x2 Forward

- 1-2 Step RF fwd, step LF fwd
- 3&4 Step RF fwd, step LF together, step RF fwd
- 5-6 Step LF fwd, step RF fwd
- 7&8 Step LF fwd, step RF together, step LF fwd

## S2 - Diamond with 1/2R turn, Coaster Cross

- 1&2 Cross RF in front of LF, step LF to L, turn 1/8R & step RF back 1:30
- 3&4 Step LF back, turn 1/8R & step RF to R, turn 1/8R & step LF fwd 4:30
- 5&6 Step RF fwd, turn 1/8R & step LF to L, step RF back 6:00
- 7&8 Step LF back, step RF beside LF, cross LF in from of RF RESTART in WALL 3

## S3 - Rumba Box R and Fwd, Rumba Box L and back, Step-Lock-Step, Coaster Step

- 1&2 Step RF to R, step LF beside RF, step RF fwd
- 3&4 Step LF to L, step RF beside LF, step LF back
- 5&6 Step RF back, step LF together, step RF back
- 7&8 Step LF back, step RF beside LF, step LF fwd

## S4 - Cross Samba to L, Cross Samba to R, Jazz Box with 1/4R turn

- 1&2 Cross RF in front of LF, make a small step to L with LF, recover weight to RF
- 3&4 Cross LF in front of RF, make a small step to R with RF, recover weight to LF
- 5-8 Cross RF in front of LF, turn 1/4R & step LF back, step RF to R, step LF fwd 9:00

Tag:

Tag happens twice - After Wall 1 and after Wall 4 (both times towards 9:00)

(Rock Forward, Coaster Step) x 2

- 1-2 Step RF fwd, recover weight back to LF
- 3&4 Step RF back, step LF beside RF, step RF fwd
- 5-6 Step LF fwd, recover weight back to RF
- 7&8 Step LF back, step RF beside LF, step LF fwd

ENDING: In S4 at the end of Wall 6 (Wall 6 starts towards 6:00), do a normal Jazz Box without the 1/4R turn - Taa-daaa

RF = Right Foot

R = Right

Have fun & Enjoy :-)

Submitted by: Dag Alexander Wien - Email: [dagalexander@me.com](mailto:dagalexander@me.com)