

I Wave Hello

Compte: 32

Mur: 2

Niveau: Intermediate

Chorégraphe: Holly Wood (USA) - March 2025

Musique: Delilah - MIKOLAS & Mark Neve



Intro: 16 counts

Lindy, ¼ Turn, 1/2 Turn, Coaster Step

1&2 Step R to R side(1) Bring L to meet R(2) Step R to R side(3)
3,4 Rock back on L(3) recover forward on R(4)
5,6 Step L ¼ turn L(5) ½ turn over L stepping back on R(6)
7&8 Step back on L(7) Step R back to meet L(&) Step forward on L(8)

Heel Grind ¼ Turn, Rock Recover, Point, Hitch, Side Lunge, Hitch

1,2 Touch R heel to floor(1) Pivot heel to R making a 1/4 turn R(2)
3,4 Rock back on R(3) Recover forward on L(4)
5,6 Point R out to R side(5) Hitch R knee(6)
7,8 Point L out to L in a lunge(7) Hitch L knee(8)

Note: If side lunge is straining, replace lunge with a point and hitch like counts 5,6

Apple Jacks, Monterey ¼ turn

1&2& Apple jack L toe L R heel in(1), back to center(&), Apple jack R toe R and L heel in(2), back to center(&)
3&4 Apple jack L toe to L and R heel in(3), back to center(&), Apple jack R toe R and L heel in(4)
5,6 Point R toe out to R side(5), Step on R next to L as you turn 1/4 turn R (6)
7,8 Point L toe to L side(7), Step L next to R(8)

Note: If you can't applejack swivel R heel in, Then L, Then R, Then L weight on R

Dorothy step, Dorothy step with ¼ turn, hip circle with ¼ turn, hip circle with ¼ turn

1,2,& Step diagonal out with R(1), Step L behind R(2), Step forward on R(&)
3,4,& Step forward on L making a 1/4 turn R(3), Step R behind L(4), Step forward on L(&)
5,6 Step R forward(5) swinging hip around making a ¼ turn(6)
7,8 Step R forward(5) swinging hip around making a ¼ turn(6)

No tags or restarts

Tiktok: @the_realhollywood