

Holla

Compte: 0

Mur: 2

Niveau: Advanced

Chorégraphe: Alana Johanson (USA) & Michelle Jackson (USA)

Musique: Holla - Trin-i-tee 5:7



Sequence: A B AA B AAAA B

SECTION A

STEP ¾ TURN, PRESS, HEEL SLIDE, GLIDE STEP, ½ TURN

- 1 Step left forward (12:00)
- 2 ¾ pivot turn to the left (3:00)
- 3-4 Press right foot, recover on left foot while sliding right heel back
- 5 Touch right toe in front of left foot
- 6 Slide left foot back, right toe goes up and back on heel
- 7-8 Touch right toe behind left foot, ½ turn right with weight on right, (9:00)

LEFT HOLD, WEAVE, SLIDE TOUCH, TRAVELING KNEE ROLL

- 1-2 Step left foot out to left side, hold
- 3&4 Step right foot behind left, step left foot to side, cross right over left
- 5-6 Slide to the left, touch right foot next to left
- 7 Weight on left foot, traveling to the right-move left heel to right and right knee out
- &8 Move left toe to right and right knee in, move left heel to right and right knee out

Right toe stays on floor and just pivots as you're moving your knee out-in-out

STEP TOUCHES RIGHT, LEFT, STEP OUT RIGHT, LEFT, BUTTERFLY

- 1-2 Step right at diagonal, touch left toe next to right foot
- 3-4 Step left at diagonal, touch right toe next to right foot
- 5-6 Step right foot out to right, step left foot out to left, with arms following each leg
- 7&8 Bend knees in toward each other, roll knees out, reverse body roll

Arms follow knees and create a figure 8 with your fists

¼ TURN LOCK STEP, SHUFFLE, STEP ½ TURN, SHUFFLE FULL TURN

- 1-2 ¼ turn right stepping right foot forward, lock left foot behind right, (12:00)
- 3&4 Shuffle forward right, left, right
- 5-6 Step forward on left foot, ½ turn right with weight on right foot (6:00)
- 7&8 ½ turn right stepping left foot back, ½ turn right stepping forward on right, step left foot forward

when transitioning from A to A in pattern, on count 8 touch left toe, so you can step left to start count 1

SECTION B

Danced to "Holla" chorus

POINT LEFT, TOGETHER, KNEES OUT-IN-OUT-IN, 2X

- &1 Step right, point left toe out to side, (12:00)
- Also on count 1 cup your right hand up next to your mouth as if hollering**
- &2 Step left next to right, knees together
- &3&4 Move knees out-in-out-in with feet together
- &5-8 Repeat &1-4

¼ TURN, FRONT CROSS ROCK-BACK ROCK X3, ROCK ¼ TURN

- & ¼ turn left on left foot (9:00)
- 1& Cross rock with right foot in front of left, recover on left foot

Arms also cross in front on count 1

2& Rock back on diagonal with right foot, recover on left foot

Arms move back to sides on count 2

3&4& Repeat 1&2&

5&6& Repeat 1&2&

Steps 1-6 you will be traveling to the right

7& Cross rock with right foot in front of left, recover on left foot

8 ¼ turn right touching right foot next to left (12:00)

17-24 Repeat first 8 counts

&1 Step right, point left toe out to side, (12:00)

Also on count 1 cup your right hand up next to your mouth as if hollering

&2 Step left next to right, knees together

&3&4 Move knees out-in-out-in with feet together

&5-8 Repeat &1-4

ROLL KNEES RIGHT LEFT, ROLL SHOULDERS RIGHT LEFT, DOWN SPLIT, DOWN-UP HEEL JACK

1-2 Roll right knee to the right and back to center, roll left to the left and back to center

3-4 Roll right shoulder back, roll left shoulder back

5-6 Bend down with hands between knees, split knees apart while looking up

7-8 Head back down, knees in, up and slide to the right with left heel out to left

Also on count 8 put your right hand behind your head as if posing for a picture
