Oh Henny

拍数: 32

墙数: 4

编舞者: Jonno Liberman (USA) - January 2020



音乐: Coke & Henny, Pt. 1 - Pink Sweat\$: (Single) [1-8] Side, Sailor Step, Together, Swivel Heels-Toes, Rock, 1/8 Recover (10:30) 1,2& Step R to right, Cross L behind R, Step R to right 3, 4 Step L to left, Step R next to L 5, 6 Swivel both heels to left, Swivel both toes to left (finish facing 10:30) Step R forward, Recover back onto L 7, 8 [9-16] Ball, 1/8, 1/4 Hitch, Triple Step, Rock, Recover, Diagonal Back & Touch x2 (6:00) &1.2 Step ball of R next to L, Turn 1/8 left as you step L to left (9:00), Continue to rotate 1/4 left on L as you hitch R (6:00) 3&4 Step R forward, Step L next to R, Step R forward 5,6 Step L forward, Recover back onto R &7&8 Step L back onto left diagonal, Touch R next to L, Step R back onto R diagonal, Touch L next to R [17-24] Side Rock, Recover, Crossing Triple, 1/8 Side, 1/4 Collect, Triple Step (1:30) 1, 2 Step L to left, Recover right onto R 3&4 Cross L over R, Step R to right, Cross L over R 5, 6 Turn 1/8 left as you step R to right (4:30), Turn 1/4 left as you step L next to R (1:30) 7&8 Step R forward, Step L next to R, Step R forward [25-32] Hip Dips w/Touch x2, Ball, Cross, 1/4, 3/4 Pivot (3:00) Turn 1/8 right as you dip slightly down and step L to left (3:00) 2 Rotate hips right as you rise up and touch R toe forward (hips will end up around 4:30 and toe should point toward 6:00) 3 Return hips to 3:00 and dip slightly down as you step R to right Rotate hips left as you rise back up and touch L toe forward (hips will end up around 1:30 4 and toe should point toward 12:00)

级数: Easy Intermediate

Tag: The tag will occur at the end of the 4th repetition facing 12:00. Finish with weight on L. [1-4] Side, Together, Sway, Sway (12:00)

1, 2 Step R to right, Step L next to R as you sway hips left

3, 4 Shift weight onto R as you sway hips right, Shift weight onto L as you sway hips left

as you start the dance from the beginning stepping R to right on 1 (3:00)

Step ball of L next to R, Cross R over L, Turn 1/4 left as you step L forward (12:00)

Step R forward, Turn 1/2 left as you step L forward (6:00) - Continue rotating left to face 3:00

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7, 8