

Hell If I

拍数: 64 墙数: 2 级数: High Intermediate
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音乐: Hell If I - Alejandro Fuentes : (Album: Tomorrow Only Knows)



Start on the verse - 32 counts in (BPM: 92)

(1-8) Cross, Side Together Cross, Side Together Cross, 1/4 Coaster Step, Run Run Run

- 1,2&3 Cross Rt in front of Lt, Step Lt to Lt, Step Rt next to Lt in step and slightly back, Cross Lt in front of Rt
4&5 Step Rt to Rt, Step Lt next to Rt in step and slightly back, Cross Rt in front of Lt
6&7 Step Lt back 1/4 turn Rt, Step Rt next to Lt, Step Lt fwd
8&1 Step Rt fwd 1/8 Rt, Step Lt next to Rt, Step Rt fwd 1/8 Rt (completing a 1/4 turn Rt)

(9-16) Full Turn, Ball Step, Lift, Lunge, Kick, Back Lock, Turn & Step

- 2&3 Make 1/2 turn Lt (weight Lt), Make another 1/2 turn Lt bring Rt foot next to Lt, Step Lt next to Rt
4,5,6 Lift Rt foot fwd, Lunge Rt fwd, Replace weight Lt lifting Rt foot fwd
7&8 Step Rt back, Cross Lt in front of Rt, Make 1/4 turn Lt stepping back Rt
&1 Step Lt next to Rt, Step Rt fwd

(17-24) Walk Lt, Rt, 1/2 Step, Turn & Step, 1&1/4 Turn

- 2,3 Step Lt fwd, Step Rt fwd
4,5 Make 1/2 turn Lt (weight Lt), Step Rt fwd,
6&7 Make a 1/2 turn Rt in place stepping back Lt, Step Rt next to Lt, Step fwd Lt
8&1 Make 1/2 turn Lt stepping back Rt, Make 1/2 turn Lt stepping fwd Lt, Make a 1/4 turn Lt stepping Rt to Rt

(25-32) Back Cross Heel, Back Cross Heel, Rock Step, Step Turn Together

- 2&3 Step Lt back diagonal Rt, Cross Rt in front of Lt, Step Lt back diagonal Lt dragging Rt heel to Lt (Travelling backwards)
4&5 Step Rt back diagonal Lt, Cross Lt in front of Rt, Step Rt back diagonal Rt dragging Lt heel to Rt (Travelling backwards)
6,7 Rock back Lt, Step Rt fwd
8&1 Step Lt fwd, Pivot a 1/2 turn Rt (weight Rt), Make a 1/2 turn Rt stepping Lt next to Rt

(33-40) Back, Back, 1/4 Coaster Step, Rock Replace, 1&1/4 Turn

- 2,3 Step Rt a small step back, Step Lt a small step back
4&5 Make 1/4 turn Lt stepping back Rt, Step Lt next to Rt, Step Rt fwd
6,7 Rock Lt fwd, Replace weight Rt
8&1 Make a 1/2 turn Lt stepping fwd Lt, Make a 1/2 turn Lt stepping back Rt, Make a 1/4 turn Lt stepping Lt to Lt

(41-48) Press Slide, Press Slide, Rock & Side, Behind Side Cross

- 2,3 Touch Rt next to Lt in step, Push of the Rt foot and slide Lt to Lt
4,5 Touch Rt next to Lt in step, Push of the Rt foot and slide Lt to Lt
6&7 Rock Rt behind Lt, Cross Lt in front of Rt, Step Rt to Rt
8&1 Step Lt behind Rt, Step Rt to Rt, Cross Lt in front of Rt facing Rt diagonal (7:00)

Restart on the second wall after 48 counts facing 12:00. On count & -- Touch Rt to Rt to Restart

(49-56) Step Turn Step, Triple Turn, Step Turn Step, Triple Turn

- 2&3 Step Rt fwd (7:00), Make 1/2 turn Lt (1:00), Step Rt fwd
4&5 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Step Lt fwd (1:00)

6&7 Step Rt fwd (1:00), Make 1/2 turn Lt (7:00), Step Rt fwd 1/8 turn Lt facing (6:00)
8&1 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Step fwd Lt (6:00)

(57-64) Rock Replace, Coaster Step, Rock Replace, Step Hitch Turn

2,3 Rock Rt fwd, Replace weight Lt
4&5 Step back Rt, Step Lt next to Rt, Step Rt fwd
6,7 Rock Lt fwd, Replace weight right
8& Make 1/2 turn Lt stepping Lt fwd, hitch right knee making 1/2 turn left

HAVE FUN !
