

Hello Hello

拍数: 80 墙数: 2 级数: Phrased Intermediate
编舞者: Ingrid Kan (TW) - January 2013
音乐: Hello - The Baseballs : (Single)



Intro: Start after 16 counts from the beginning - Sequence: AAB-AAB-B40-B36-BB
A:32 Count - B:48 Count

Section A - 32 counts

[1-8] R Side Shuffle, Step L, step R Together, Rocking Chair

- 1 & 2 Step R foot to R side, Step together with L, Step R foot to R side
- 3-4 Step L, step R Together
- 5-6 Rock L forward, Recover on R
- 7-8 Rock L back, Recover on R

[9-16] Kick & Side Touch , Rocking Chair, Step Turn ¼ L

- 1&2 S Kick left Foot Forward, left foot next to right, Touch right foot to right side
- 3-4 Rock R forward, Recover on L
- 5-6 Rock R back, Recover on L
- 7-8 Step R fwd. Pivot 1/4 Turn L

[17-24] 2 x Monterey turns

- 1-4 Point right toe to right, Step right beside left turning ½ turn right, Point left toe to left, Step left beside right
- 5-8 Repeat above 4 counts touching left beside right on count 8

[25-32] jazz box with toe strut(¼ turning to right).

- 1-2 Touch ball of right over left (1), drop right heel to floor taking weight
- 3-4 Touch ball of left foot back (3), drop left heel to floor taking weight
- 5-6 Make ¼ turn right touching ball of right foot forward (5), drop right heel to floor taking weight
- 7-8 Touch ball of left forward , drop left heel to floor taking weight

Section B - 48 counts

[1-8] Side Shuffle, Rock Recover, Side Shuffle, Rock Recover

- 1 & 2 Step R to R side, Step L next to R, Step R to R side
- 3 – 4 Rock L back, Recover on R
- 5 & 6 Step L to L side, Step R next to L, Step L to L side
- 7-8 Rock R back, Recover on L

[9-16] 1/4 Jazz Box Turn, Out Out In In(V Step-right)

- 1-4 Step R across L, Step L back, Step R 1/4 turn to R , Step L fwd
- 5-8 Rf Out Lf Out, Lf In Lf In (with clap)

[17-24] Side Shuffle, Rock Recover, Side Shuffle, Rock Recover

- 1 & 2 Step R to R side, Step L next to R, Step R to R side
- 3-4 Rock L back, Recover on R
- 5 & 6 Step L to L side, Step R next to L, Step L to L side
- 7-8 Rock R back, Recover on L

[25-32] 1/4 Jazz Box Turn, Out Out In In(V Step-right)

- 1-4 Step R across L, Step L back, Step R 1/4 turn to R, Step L forward
- 5-8 Rf Out Lf Out, Lf In Lf In (with clap)

[33-40] Shimmy's R , Hold x2

- 1-4 Step R to R side and shimmy, Step L next to R , Hold (Restart Wall 8)
5-8 Step R to R side and shimmy, Touch L next to R , Hold(Restart Wall 7)

[41-48] Toe, Heel, Cross, Hold, Cross Rock, Side Rock.

- 1-2 Touch Left toe next to Right heel, touch Left heel next to Right toe.
3-4 Step/stomp Left forward & across Right, Hold.
5-6 Cross rock Right over Left, recover on Left.
7-8 Rock Right to Right side, recover on Left.

Restarts:-

During wall 7 after (B)count 40 Start again with B count 1

During wall 8 after(B) count 36 Start again with B count 1

Have fun!

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