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Du är hel

INTERMEDIATE

32 Count 2 Walls

Choreographed by: Micaela Svensson Erlandsson Choreographed to: Du är Hel by Stefan Jernsand

1	Basic Nighclub right. Turn 1/4 left. Full Turn forward. Basic Nighclub right. Turn 1/4 left .Run. Run.
1 - 2 &	Step a long step right on right. Rock back on left. Recover onto right.
3 4 &	Turn 1/4 left stepping forward on left. Turn 1/2 stepping back on right. Turn 1/2 left stepping forward on left.
5 - 6 &	Step a long step right on right. Rock back on left. Recover onto right.
7	Turn 1/4 left stepping forward on left.
8 &	Run forward on right. Run forward on left
2 1 - 2 & 3 - 4 5 & 6 7 - 8	Rock forward right. Back. Sweep left. Sweep right. Coaster step left. Step. Turn 1/2 left. Rock forward on right. Rock back onto left. Step back on right. Sweep left from front to back. Sweep right from front to back. Step back left. Step right beside left. Step forward left. Step forward on right. Turn 1/2 left.
3	Sync. Full Turn forward . Step. Sync. Full Turn forward. Step. Mambo step forward right. Sweep. Sync. Rock back right
1 & 2	Turn 1/2 stepping back on right, turn 1/2 left stepping forward on left. Step forward on right.
3 & 4 5 & 6	Turn 1/2 stepping back on left. Turn 1/2 Stepping forward on right. Rock forward on right. Rock back onto left. Step back on right.
7 - 8 &	Sweep left from front to back. Rock back on right. Rock forward onto left.
4	Basic Nightclub right. Basic Nightclub left. Turn 1/4 right. Step. Turn 1/2 right. Step. Sync. Full turn.
1 - 2 &	Step a long step right on right. Rock back on left. Recover onto right
3 - 4 &	Step a long step left on left. Rock back on right. Recover onto left
5 6 & 7	Turn 1/4 left stepping forward on right. Step forward on left. Turn 1/2 right. Step forward on left
8 &	Turn 1/2 stepping back on right. Turn 1/2 stepping forward on left.
Tag	After Wall 2 ,4,6 ,8 (always facing 6 o'clock)
1 - 2 & 3 - 4 &	Rock forward right. Turn 1/2 right. Walk . Run.Run. Rock forward on right. Rock back onto left. Turn 1/2 right Stepping forward on right. Walk forward left. Run forward right. Run forward left.