



## The Hell You Are

40 Count 4 Wall High Beginner Level Dance.  
Choreographed by: Barbara Kremm (USA) Jul 2025  
Choreographed to: The Hell You Are by Ashley Cooke  
Intro: 8 Counts. Start at approx 7 secs.

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### SEC 1 HEEL SWIVELS, COASTER, HEEL SWIVELS, COASTER

- 1&2 Tap RF toe fwd, swivel both heels to right, swivel both heels back to center  
3&4 Step RF back, step LF back, step RF fwd  
5&6 Tap LF toe fwd, Swivel both heels to left, swivel both heels back to center  
7&8 Step LF back, step RF back, step LF fwd

### SEC 2 ROCK, TRIPLE STEP $\frac{1}{4}$ , ROCK, $\frac{1}{2}$ TRIPLE STEP

- 1-2 Rock RF fwd, recover on LF  
3&4 Turn  $\frac{1}{4}$  right step RF fwd, step LF beside RF, step RF fwd (3:00)  
5-6 Rock LF fwd, recover on RF  
7&8 Turn  $\frac{1}{2}$  left step LF fwd, step RF beside LF, step LF fwd (9:00)

### SEC 3 KICK, KICK SIDE, COASTER, HEEL GRIND $\frac{1}{4}$ TURN, COASTER

- 1-2 Kick RF forward, kick RF to right side  
3&4 Step RF back, step LF back, step RF forward  
5-6 Put LF heel beside RF, grind  $\frac{1}{4}$  left LF heel (6:00)  
7&8 Step LF back, step RF back, step LF forward

**Restart** Here on Wall 3

### SEC 4 ROCKING CHAIR, STEP, $\frac{1}{2}$ TURN, STEP, $\frac{1}{4}$ TURN

- 1-2 Rock RF forward, recover on LF  
3-4 Rock step RF back, recover on LF  
5-6 Step RF forward,  $\frac{1}{2}$  turn to left (12:00)  
7-8 Step RF forward  $\frac{1}{4}$  turn to left (9:00)

### SEC 5 WEAVE, POINT, WEAVE, POINT

- 1-2 Cross RF in front of LF, step LF beside RF  
3-4 Cross RF behind LF, tap LF toe to left side  
5-6 Cross LF in front of RF, step RF beside LF  
7-8 Cross LF behind RF, tap RF toe to right side

