Hell If I (地獄魔咒) (zh)

Count: 64 **Wall:** 2 **Level:** Intermediate/Advanced
Choreographer: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - 2008年09月
Music: Hell If I - Alejandro Fuentes : (CD: Tomorrow Only Knows)

前奏： Start on the verse 32 counts in 32拍後起跳

第一段 **Cross, Side Together Cross, Side Together Cross, 1/4 Coaster Step, Run Run Run 交叉, 側併交叉, 側併交叉, 1/4海岸, 跑跑跑**

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
右足於左足前交叉踏, 左足左踏, 右足略後併踏, 左足於右足前交叉踏

4&5 Step Rt to Rt, Step Lt next to Rt in step and slightly back, Cross Rt in front of Lt 右足右踏, 左足略後併踏, 右足於左足前交叉踏

6&7 Step Lt back 1/4 turn Rt, Step Rt next to Lt, Step Lt fwd
右轉90度左足後踏, 右足併踏, 左足前踏(面向3點鐘)

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)
右轉45度右足前踏, 左足併踏, 右轉45度右足前踏(共轉90度)(面向6點鐘)

第二段 **Full Turn, Ball Step, Lift, Lunge, Kick, Back Lock, Turn & Step**
轉圈, 併踏, 抬, 曲膝, 踢, 後鎖, 轉併踏

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
左轉180度重心在左足, 左轉180度右足併踏, 左足併踏(面向6點鐘)

4-6 Lift Rt foot fwd, Lunge Rt fwd, Replace weight Lt lifting Rt foot fwd 右足前抬, 右足前曲膝踏, 重心回左足右足前抬

7&8 Step Rt back, Cross Lt in front of Rt, Make 1/4 turn Lt stepping back Rt 右足後踏, 左足於右足前交叉踏, 左轉90度右足後踏(面向3點鐘)

&1 Step Lt next to Rt, Step Rt fwd 左足併踏, 右足前踏

第三段 **Walk Lt, Rt, 1/2 Step, Turn & Step, 1&1/4 Turn**
走步-左, 右, 1/2踏, 轉併踏, 1又1/4

2,3 Step Lt fwd, Step Rt fwd 左足前踏, 右足前踏

4,5 Make 1/2 turn Lt (weight Lt), Step Rt fwd,
左轉180度(重心在左足), 右足前踏(面向9點鐘)

6&7 Make a 1/2 turn Rt in place stepping back Lt, Step Rt next to Lt, Step fwd Lt 右轉180度左足後踏, 右足併踏, 左足前踏(面向3點鐘)

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
左轉180度右足後踏, 左轉180度左足前踏, 左轉90度右足右踏(12點鐘)

第四段 **Back Cross Heel, Back Cross Heel, Rock Step, Step Turn Together**
後交叉踵, 後交叉踵, 下沉回復, 踏轉併

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)
左足右斜角後踏, 右足於左足前交叉踏, 左足左斜角後踏右足踵拖併(向後移動)

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)
右足左斜角後踏, 左足於右足前交叉踏, 右足右斜角後踏左足踵拖併(向後移動)

6,7 Rock back Lt, Step Rt fwd 左足後下沉, 右足前踏

8&1 Step Lt fwd, Pivot a 1/2 turn Rt (weight Rt), Make a 1/2 turn Rt stepping Lt next to Rt
左足前踏, 右轉180度重心在右足, 右轉180度左足併踏(面向12點鐘)

第五段 **Back, Back, 1/4 Coaster Step, Rock Replace, 1&1/4 Turn**
後, 後, 1/4海岸步, 下沉回復, 1又1/4

2,3 Step Rt a small step back, Step Lt a small step back
右足略後踏, 左足略後踏

4&5 Make 1/4 turn Lt stepping back Rt, Step Lt next to Rt, Step Rt fwd 左轉90度右足後踏, 左足併踏, 右足前踏(面向9點鐘)

6,7 Rock Lt fwd, Replace weight Rt 左足前下沉, 右足回復

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
左轉180度左足前踏, 左轉180度右足後踏, 左轉90度左足左踏(面向6點鐘)

第六段 Press Slide, Press Slide, Rock & Side, Behind Side Cross
壓滑, 壓滑, 下沉併旁, 後旁交叉

2,3 Touch Rt next to Lt in step, Push of the Rt foot and slide Lt to Lt
右足併點, 重心在右足左足左滑步

4,5 Touch Rt next to Lt in step, Push of the Rt foot and slide Lt to Lt
右足併點, 重心在右足左足左滑步

6&7 Rock Rt behind Lt, Cross Lt in front of Rt, Step Rt to Rt
右足於左足後下沉, 左足於右足前交叉踏, 右足右踏

8&1 Step Lt behind Rt, Step Rt to Rt, Cross Lt in front of Rt facing Rt diagonal (7:00)
左足於右足後踏, 右足右踏, 左足於右足前交叉踏面向右斜角(面向7點鐘)

RESTART:
on the 2 wall AFTER 48 counts facing 12:00. On count & -- Touch Rt to Rt to Restart
第二面牆跳至第48拍面向12點鐘時, 將原先&拍的右足右踏, 改成右足右點從頭起跳

第七段 Step Turn Step, Triple Turn, Step Turn Step, Triple Turn
踏轉踏, 小三步轉, 踏轉踏, 小三步轉

2&3 Step Rt fwd (7:00), Make 1/2 turn Lt (1:00), Step Rt fwd
右足前踏(7點鐘), 左轉180度(1點鐘), 右足前踏

4&5 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Step Lt fwd (1:00)
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(1點鐘)

6&7 Step Rt fwd (1:00), Make 1/2 turn Lt (7:00), Step Rt fwd 1/8 turn Lt facing (6:00)
右足前踏(1點鐘), 左轉180度(7點鐘), 右足轉正前踏(面向6點鐘)

8&1 Make 1/2 turn Rt stepping back Lt, Make 1/2 turn Rt stepping fwd Rt, Step fwd Lt (6:00)
右轉180度左足後踏, 右轉180度右足前踏, 左足前踏(6點鐘)

第八段 Rock Replace, Coaster Step, Rock Replace, Step Hitch Turn
下沉回復, 海岸步, 下沉回復, 踏抬轉

2,3 Rock Rt fwd, Replace weight Lt
右足前下沉, 左足回復

4&5 Step back Rt, Step Lt next to Rt, Step Rt fwd
右足後踏, 左足併踏, 右足前踏

6,7 Rock Lt fwd, Replace weight right
左足前下沉, 右足回復

8& Make 1/2 turn Lt stepping Lt fwd, hitch right knee making 1/2 turn left
左轉180度左足前踏, 右膝左轉180度抬