

Hella Dance

Choreographed by Scott Blevins (April 2002)

32 Count 4 Wall Intermediate line dance

Choreographed to "Hella Good" by No Doubt

Album: "Rock Steady"

32 count intro to start with lyric "waves"



1-8

- 1-2 1) Kick Right Leg to Right Side while lifting Left side of Rib cage;
2) Bring Right knee into open hitch position, while dropping Left side of Rib cage and lifting Right side of Rib cage
- 3&4 3&4) Right Sailor Shuffle
- 5&6 5&6) Left Sailor Shuffle, making 1/4 turn Left on "&" count, stepping forward on Count 6
- 7-8 7) Kick Right foot forward; 8) Bending at knee, push Right foot back and pulse chest forward

9-16

- 1-2& 1) Step forward on Right foot; 2) Pivot 1/2 turn Left; &) Make 1/2 turn Left on Left foot
- 3&4 3) Touch Right foot to Right side; &) Touch Right foot to center; 4) Touch Right foot to Right side
- 5&6 5) Kick Right foot forward; &) Angling 1/8 to Right, Step Right foot to center;
6) Touch Left foot to Left side (from this point on, you will be on diagonals until Count 3 in the last section of 8)
- 7&8 7) Kick Left foot forward;
&) Bring Left foot to center, putting weight on balls of both feet, heels off floor and knees bent;
8) Drop heels to floor shifting weight to Left foot, knees bent

17-24

- 1-2 1) Take exaggerated step forward with Right foot into crouched position;
2) Hitch Left leg next to Right, rotating 1/4 to Left
- 3&4 3&4) Triple forward L,R,L
- 5-6 5) Step Right foot forward; 6) Pivot 1/2 to Left
- 7&8 7&8) Triple forward R,L,R

25-32

- 1-2 1) Step Left foot forward; 2) Pivot 1/2 turn Right
- 3-4 3) Make 1/8 turn Right, stepping Left foot to Left side; 4) From waist up, torque (twist) body to Left
- 5-6 5) Relaxing torque, make 1/4 turn Right, stepping on Right foot;
6) Continue rotating 3/4 turn to Right on Right foot
- 7-8 7) Arching your back, point Left foot out to Left side to stop rotation;
8) Step Left foot across and in front of Right, landing on bent leg

Begin Again and Enjoy!

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