

“Hella Dance”

Choreographed by **Scott Blevins**

(April 2002)

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Description:

Music:

“Hella Good” – No Doubt *Album: Rock Steady*

- 1-2 Kick Right Leg to Right Side while lifting Left side of Rib cage; Bring Right knee into open hitch position, while dropping Left side of Rib cage and lifting Right side of Rib cage
- 3&4 Right Sailor Shuffle
- 5&6 Left Sailor Shuffle, making $\frac{1}{4}$ turn Left on “&” count, stepping forward on Count 6
- 7-8 Kick Right foot forward; Bending at knee, push Right foot back and pulse chest forward
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- 1-2& Step forward on Right foot; Pivot $\frac{1}{2}$ turn Left; Make $\frac{1}{2}$ turn Left on Left foot
- 3&4 Touch Right foot to Right side; Touch Right foot to center; Touch Right foot to Right side
- 5&6 Kick Right foot forward; Angling $\frac{1}{8}$ to Right, Step Right foot to center; 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 Kick Left foot forward; Bring Left foot to center, putting weight on balls of both feet, heels off floor and knees bent; Drop heels to floor shifting weight to Left foot, knees bent
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- 1 - 2 Take exaggerated step forward with Right foot into crouched position; Hitch Left leg next to Right, rotating $\frac{1}{4}$ to Left
- 3&4 Triple forward L,R,L
- 5-6 Step Right foot forward; Pivot $\frac{1}{2}$ to Left
- 7&8 Triple forward R,L,R
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- 1-2 Step Left foot forward; Pivot $\frac{1}{2}$ turn Right
- 3-4 Make $\frac{1}{8}$ turn Right, stepping Left foot to Left side; From waist up, Torque (twist) body to Left
- 5-6 Relaxing torque, make $\frac{1}{4}$ turn Right, stepping on Right foot; Continue rotating $\frac{3}{4}$ turn to Right on Right foot
- 7-8 Arching your back, point Left foot out to Left side to stop rotation; Step Left foot across and in front of Right, landing on bent leg

BEGIN AGAIN!