

Hell on Heels

Choreographer: Michael Diven
Level: 4 wall, beginner rumba line dance
Type: 48 Counts
Music: "Hell On Heels" by Amy Wilcox



Intro: Start dancing on the lyrics – about 64 counts in (approx. 24 sec.)

Step, ½ Turn, Step, Hold, Step, ¼ Turn, Cross, Hold

1-3 Step forward on right foot, turn ½ turn (weight on left), step right foot forward
4 Hold
5-7 Step forward on left, turn ¼ turn right (weight on right), cross step left over right
8 Hold

Rock, Recover, Cross, Hold, ¾ Turning Vine, Hold

1-3 Rock right foot out to right side, recover to left, step right foot behind left
4 Hold
5-7 Turn ¼ turn left stepping left forward, turn ½ turn left stepping right forward, step forward on left foot
8 Hold

Rumba Right Back, Hold, Rumba Left Forward, Hold

1-3 Step right foot right, left next to right, step right foot back
4 Hold
5-7 Turn ¼ turn left stepping left foot left, right next to left, left foot forward
8 Hold

Rumba Right Back, Hold, Rumba Left Forward, Hold

1-3 Step right foot right, left next to right, step right foot back
4 Hold
5-7 Turn ¼ turn left stepping left foot left, right next to left, left foot forward
8 Hold

Heel Grind, Step, Step, Heel Grind w/ ¼ Turn, Step, Step

1-3 Touch right heel forward, twist toes to right, step right foot next to left
4 Step left foot next to right
5-7 Touch right heel forward, twist toes to right turning ¼ turn right, step right foot next to left
8 Step left foot next to right

Right Mambo, Hold, Left Coaster, Hold

1-3 Step right forward, step left back, step right together
4 Hold
5-7 Left coaster step
8 Hold

REPEAT