

One Hell-Ova Week



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Choreographer: Betty George

Counts: 32

Wall: 4

Level: Improver

Intro: start on vocals

Music: "Tore Back" by Moonshine Bandits

[1-8] Cross-Side-Behind-Side Cross & Cross Side-Recover

1-4 Cross L over R., step R to side, step L behind R, step R to side
5&6 Cross L over R, step R to side, cross L over R
7-8 Step R to side, recover on L [12.00]

[9-16] Cross-1/4 Turn Shuffle Back Back-Recover ½ Turn Triple Step

1-2 Cross R over L, turn ¼ right & step L back
3&4 Shuffle back R.L.R.
5-6 Step L back recover on R
7&8 Turn ½ right & triple step L.R.L. [9.00]

[17-24] Back-Recover-Cross-Back ¼ Turn [x2] ¼ Turn Triple Step

1-4 Step R back, recover on L, cross R over L, step L back
5-6 Turn ¼ right & step R fwd, turn ¼ right & step L to side
7&8 Turn ¼ right & triple step R.L.R. [6.00]

[25-32] Cross-Recover ¼ Turn Triple Step Back-Recover Shuffle Forward

1-2 Cross L over R, recover on R
3&4 Turn ¼ left & triple step L.R.L.
5-6 Step R back, recover on L
7&8 Shuffle fwd R.L.R. [3.00]

Repeat