

The Hell You Are

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Daisy Simons (BEL) - August 2025

Music: the hell you are - Ashley Cooke



Intro: 8 counts, start on vocals.

Section 1: SHUFFLE FWD, SHUFFLE FWD, CROSS, ¼ TURN RIGHT, CHASSE R

- 1&2 Step Right forward, step Left next to Right, step Right forward
- 3&4 Step Left forward, step Right next to Left, step Left forward
- 5-6 Cross Right over Left, ¼ turn right stepping Left back (3:00)
- 7&8 Step Right to right side, step Left next to Right, step Right to right side

Section 2: CROSS, SIDE, SAILORSTEP, CROSS, SIDE, SAILORSTEP 1/4 TURN R

- 1-2 Cross Left over Right, step Right to right side
- 3&4 Cross Left behind Right, step Right to right side, step Left to left side
- 5-6 Cross Right over Left, step Left to left side
- 7&8 ¼ turn right crossing Right behind Left, step L to left side, step R forward (6:00)

Section 3: STEP, HOLD/CLAP, BALL-STEP, STEP, ROCK FWD, RECOVER, COASTERSTEP

- 1-2 Step Left forward, hold/clap
- &3-4 Step Right next to Left, step Left forward, step Right forward
- 5-6 Rock Left forward, recover weight to Right
- 7&8 Step Left back, step Right next to Left, step Left forward

*****Restart in wall 7 (12:00)**

Section 4: PIVOT 1/4 TURN L, CROSS SHUFFLE, HINGE 1/2 TURN R, STEP FORWARD, TOUCH

- 1-2 Step Right forward, ¼ turn left ((3:00)
- 3&4 Cross Right over Left, step Left to left side, cross Right over Left
- 5-6 Step Left ¼ turn right back, step Right ¼ turn right to right side (9:00)
- 7-8 Step Left forward, touch Right next to Left

Start again.

Tag: after the first wall there's an 8 count tag:

OUT, OUT, IN, IN, ROCKING CHAIR

- 1-2 Step Right to right diagonal (out), step Left to left diagonal (out)
- 3-4 Step Right back to centre (in), step Left next to Right (in)
- 5-6 Rock Right forward, recover weight to Left
- 7-8 Rock Right back, recover weight to Left

Restart: in wall 7 (6:00) dance up to count 24 and start again (12:00)

Ending: dance the first 8 counts of section 1 than add:

- 1-2 Cross Left over Right, make ½ turn right (12:00)

Have fun !

Contact: simons.daisy@telenet.be