

# Hook 'n Sling

Count: 80

Wall: 1

Level: Phrased Advanced

Choreographer: Fred Whitehouse (IRE) - April 2024

Music: All This Love (feat. Harløe) (Hook N Sling Remix) - Robin Schulz

**Intro: 16 Counts, Start at approx 8 secs**

**Sequence: A, A, B, B, C, C, A, B, B, Tag, C, C, Ending**

## Part A

### SEC 1 Shuffle, ½ Shuffle, Back Rock, Full Turn

1&2 Step right forward, step left beside right, step right forward  
3&4 Turn ¼ right step left to left, step right beside left, turn ¼ right step left back (6:00)  
5-6 Rock right back, recover weight onto left  
7-8 Turn ½ left step right back, turn ½ left step left forward (6:00)

### SEC 2 ¼ Turn Syncopated Rocks, ¼ Side Point, Clap x2

1-2& Turn ¼ left rock right to right, recover weight onto left, step right beside left (3:00)  
3-4& Rock left to left, recover weight onto right, step left beside right  
5-6 Rock right forward, recover weight onto left  
&7&8 Turn ¼ right step right to right, point left to left, clap, clap (6:00)

### SEC 3 Cross Rock, Side Shuffle, Kick & Touch & ¼ Slide

1-2 Cross rock left over right, recover weight onto right  
3&4 Step left to left, step right beside left, step left to left  
5&6& Kick right forward to left diagonal, cross right over left, touch left behind right, step left back  
7-8 Step right to right, turn ¼ right sliding left towards right (9:00)

### SEC 4 Step, ¼ Pivot, Cross Shuffle, Full Box Turn

1-2 Step left forward, pivot ¼ right transferring weight on to right (12:00)  
3&4 Cross left over right, step right beside left, cross left over right  
5-6 Step right to right, turn ¼ left step left to left (9:00)  
7-8 Turn ¼ left step right to right, turn ½ left step left forward (12:00)

## Part B Dance on Nightclub Timing

### SEC 1 Step, Step ½ Pivot Step, Step ½ Pivot Step Sweep, Cross, Side, Back Rock, ¼ Back

1 Step right forward  
2&3 Step left forward, pivot ½ right transferring weight on to right, step left forward (6:00)  
4& Step right forward, pivot ½ left transferring weight on to left  
5 Step right forward sweeping left from back to front (12:00)

### Arms Burst both arms over head

6& Cross left over right, step right to right  
7-8& Rock left back, recover weight onto right, turn ¼ right step left back (3:00)

### SEC 2 ¼ Nightclub Basic, Side Lunge, Look, ¾ Rolling Turn, Back Rock, ¼ Side, Back, Back Rock

1-2& Turn ¼ right step right to right, step left beside right, cross right over left (6:00)  
3& Lunge left to left, look left  
4& Turn ¼ right step right forward, turn ½ right step left back (3:00)  
5-6 Rock right back, recover weight onto left  
&7 Turn ¼ left step right to right, step left back lifting right leg forward (12:00)  
8& Rock right back, recover weight onto left

## Part C

### SEC 1 Syncopated Press Rocks With ¼ Turn

1-2& Press right forward, recover weight onto left, step right beside left  
3-4& Press left forward, recover weight onto right, turn ¼ left step left beside right  
5-6& Press right forward, recover weight onto left, step right beside left (9:00)  
7-8& Press left forward, recover weight onto right, step left beside right

### SEC 2 Walk x3, Shuffle, Step, ½ Pivot, Shuffle

1-2-3 Step right forward, step left forward, step right forward  
4&5 Step left forward, step right beside left, step left forward

6-7 Step right forward, pivot  $\frac{1}{2}$  left transferring weight on to left (3:00)  
8&1 Step right forward, step left beside right, step right forward

### **SEC 3 Diagonal Rock, Weave, Hold, & Behind, Hold, & Cross**

2-3 Rock left to left diagonal, recover weight onto right  
4&5 Step left behind right, step right to right, cross left over right  
6&7 Hold, step right to right, step left behind right  
8&1 Hold, step right to right, cross left over right

### **SEC 4 Side Rock, Cross Shuffle, $\frac{3}{4}$ Reverse Rolling Vine**

2-3 Rock right to right, recover weight onto left  
4&5 Cross right over left, step left beside right, cross right over left  
6-7-8 Turn  $\frac{1}{4}$  right step left back, turn  $\frac{1}{4}$  right step right to right, turn  $\frac{1}{4}$  right step left forward (12:00)

### **Tag**

#### **SEC 1 Step, Hold, Side, Hold, Circle Body**

1-2 Step right forward, hold

#### **Arms Place right arm to right side**

3-4 Step left to left, hold

#### **Arms Place left arm to left side, holding hands with person on both sides**

5-6-7-8 Push body right, bend both knees keeping body right, push body left, straighten legs

### **SEC 2 Walk x3, Kick, Back x3, Touch**

1-2 Step right forward, step left forward

3-4 Step right forward, kick left forward

#### **Arms 1-4 Raise both arms up still holding hands**

5-6 Step left back, step right back

7-8 Step left back, touch right beside left

#### **Arms 5-8 Lower arms and release hands**

### **SEC 3 Cha Cha Timing Steps x4**

1 Step right to right

2&3 Step left beside right, step right beside left, step left to left

4&5 Step right beside left, step left beside right, step right to right

6&7 Step left beside right, step right beside left, step left to left

8& Step right beside left, step left beside right

### **SEC 4 Full Walk Around**

1-2 Turn  $\frac{1}{8}$  right step right forward, turn  $\frac{1}{8}$  right step left forward (3:00)

3-4 Turn  $\frac{1}{8}$  right step right forward, turn  $\frac{1}{8}$  right step left forward (6:00)

#### **Styling 1-4 Shimmy Shoulders**

5-6 Turn  $\frac{1}{8}$  right step right forward, turn  $\frac{1}{8}$  right step left forward, (9:00)

7-8 Turn  $\frac{1}{8}$  right step right forward, turn  $\frac{1}{8}$  right step left forward (12:00)