Hey Ladies



Count: 32 Wand: 4 Ebene: Improver

Choreograf/in: Nita Nefos (INA) - August 2022

Musik: Hey Ladies - Rossa

Intro: 32 Count

Tag: After wall 6, 4 Count (ROCKING CHAIR)

(1-8) CHASSE, BACK ROCK, (R - L)

1 & 2 Step Rf to R, Close Lf Next to Rf, Step Rf to R

3, 4 BackLf Recover on to Rf

5 & 6 Step Lf to L, Close Rf Next to Lf, Step Lf to L

7, 8 Back Rf Recover on to Lf

(9-16) FORWARD SHUFFLE, 1/2 TURN R, BACK SHUFFLE, BACK ROCK

1 & 2 Step Rf Forward, Close Lf Next o Rf, Step Rf Forward
3 & 4 Turn 1/2 R, Lf Back, Step Rf over Lf, Step Lf Back

5, 6 Step Rf Rock Back, Recover Lf7, 8 Step Rf Rock Back, Recover Lf

(17-24) KICK - KICK, COASTER STEP, (R - L)

1, 2 Kick Rf Forward, Kick Rf to R

3 & 4 Step Rf Back, Close Lf Next to Rf Forward

5, 6 Kick Lf Forward, Kick Lf to R

7 & 8 Step Lf Back, Close Lf Next to Lf Forward

(25-32) JAZZ BOX 1/4 TURN R, HIP BUMPS

1, 2 Cross Rf Over Lf, Step Lf Back making 1/4 Turn R

3, 4 Step Rf to R, Close Lf Next to Rf

5, 6 Push Hip to R-L 7, 8 Push Hip to R-L

TAG: ROCKING CHAIR

1, 2 Step Rf Forward, Recover on to Lf3, 4 Step Rf Back, Recover on to Lf

ENDING: ON WALL 13, 8 COUNT

Happy Dancing!

Contact nefos.psi@gmail.com