

# 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 Lf
- 7, 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 Lf
- 3, 4 Step Rf Back, Recover on to Lf

**ENDING : ON WALL 13, 8 COUNT**

Happy Dancing!

Contact [nefos.psi@gmail.com](mailto:nefos.psi@gmail.com)