

Hey Ladies

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Auliana Purnamawati (INA) - December 2024

Musik: Hey Ladies - Avolia



Intro:

S1 TOE TOUCH, STEP IN PLACE, FORWARD ROCK STEP, COASTER STEP

1 2 Touch RF forward, Step RF in place

3 4 Touch LF forward, Step LF in place

5 6 Step RF forward, recover on LF

(Alternative: doing it with body wave)

7 & 8 Step RF backward, close LF next to RF, Step RF forward

S2 PIVOT R ½, SHUFFLE, PIVOT L ¼, CROSS SHUFFLE

1 2 Step LF forward, turn R ½ transfer weight to RF

3 & 4 Step LF forward, close RF next to LF, step LF forward

5 6 Step RF forward, turn L ¼ transfer weight to LF

7 & 8 Cross RF over LF, step LF slightly behind RF, cross RF over LF

S3 MONTEREY ¼

1 2 Touch LF to L, turn L ¼ while close LF next to RF

3 4 Touch RF to R, close RF next to LF

5 6 Touch LF to L, turn L ¼ while close LF next to RF

7 8 Touch RF to R, close RF next to LF

S4 HIP ROLL, KICK BALL CHANGE

1 2 Step LF to L while doing back hip roll

3 4 Still doing hip roll than transfer weight to R, close LF next to RF

5 & 6 Kick RF forward, close RF next to LF, touch LF to L

7 & 8 Kick LF forward, close LF next to RF, touch RF to R

Tag after Wall 6

1 2 Touch RF in place, step RF in place

3 4 Touch LF in place, step LF in place