

Hey Ho

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Val Reeves (UK)

Musik: Mamma Africa - Two In One



STEP SIDE TOGETHER, CHASSE STEP, KICK, KICK BALL CHANGE

- 1-2 Right step right, left step beside right
- 3&4 Right step right, left step beside right, right step right
- &5 Left step beside right, right step right
- 6-7 Kick left across right twice
- &8 Left step beside right, step on right

ROCK, ROCK, TURN, SHUFFLE

- 9-10 Left rock across right, rock back on right
- 11&12 Turning ¼ turn left shuffle forward (left, right, left)

WALK, WALK, SHUFFLE

- 13-14 Walk forward right, walk forward left (option: full turn on right, left)
- 15&16 Right shuffle forward (right, left, right)

STEP, TURN, SHUFFLE

- 17-18 Step forward on left, pivot turn ½ turn right
- 19&20 Left shuffle forward (left, right, left)

ROCK, ROCK, STEP, CLAPS

- 21-22 Right rock across left, rock back on left
- 23&24 Right step beside left, clap hands twice
- 25-26 Left rock across right, right rock back
- 27&28 Left step beside right, clap hands twice

SPLIT HEELS TOES HEELS IN TOES IN HEELS IN

- 29-30 Both heels apart, both toes apart
- 31&32 Bring heels inwards, toes inward, heels back together

Easy option

- 29-32 Pigeon toes, pigeon toes (heels apart back together, heels apart back together)

REPEAT
