Hey Ladies



Count: 32 Wand: 4 Ebene: Intermediate

Choreograf/in: Jennifer Choo Sue Chin (MY) - August 2011

Musik: Hit 'Em up Style (Oops!) - Blu Cantrell



Start dance after 2x8's.

SET 1: FORWARD STEP	. KICK BALL	POINT HITCH	CROSS, UNWIND	. SAILOR TURN

1-2 Take a big step LF fwd and bend body back, Step RF next to LF

3&4& Kick LF fwd, Step LF next to RF, Point RF to R, Hitch RF

5-6 Cross RF over LF, Unwind ½ turn L (sharp) and sweep LF from front to back (6:00) 7&8 ¼ turn L stepping LF behind RF, Step RF to R, Step LF diagonally fwd L (3:00)

SET 2: CLOSE FLICK, CROSS, BACK, BACK, ROCKING CHAIR, CROSS ROCK RECOVER, CLOSE, FORWARD

&1-2 Step RF next to LF, Step LF fwd and flick RF back with a ¼ turn L (Hit the word STYLE in

chorus), Cross RF over LF (12:00)

3-4 Step LF diagonally back L, Step RF diagonally back R (push hips back) (Lyrics: put your

hands on his cash)

5&6& Rock LF across RF, Recover on RF, Rock LF back to diagonal L, Recover on RF

7&8& Rock LF across RF, Recover on RF, Step LF next to RF, Step RF fwd

SET 3: 1/L BIG STEP LEFT, TOUCH, KICK BALL CROSS AND CROSS DIP, HITCH, BACK, BACK, 1/L SIDE ROCK

1-2 Execute a ¼ turn L with a big step to L pushing off RF, touch RF behind LF (9:00)

3&4 Kick RF diagonally R, Step ball of RF next to LF, Cross LF over RF
&5 Step ball of RF to R, Cross LF over RF with a dip (bending L Knee)

6 Straighten L knee and hitch RF to R diagonal (10:30)

Styling for count 6: Pop both shoulders forward when you hitch or simply punch your fists forward

7& Step back on RF, Step back on LF squaring back to 12:00 (12:00)

8& 1/4R turn rock RF to R, recover on LF (3:00)

SET 4: BACK, FUNKY WALKS BACK, BACK ROCK RECOVER, 2 PROGRESSIVE TURNING JAZZ BOXES

1 Step RF back

Step LF behind RF pushing L shoulder back and downStep RF behind LF pushing R shoulder back and down

Options for counts 2-3: Mashed Potatoes

4& Rock LF back, Recover on RF

5& Do a 1/8R turn by step LF to R diagonal (face 4:30), Do a 1/8R turn by cross RF in front of LF

(face 6:00)

6& 1/8R turn stepping LF to L back diagonal (face 7:30), Do a 1/8R turn by stepping RF to R

side (face 9:00)

7& Do a 1/8R turn by step LF to R diagonal (face 10:30), Do a 1/8R turn by cross RF in front of

LF (face 12:00)

8& 1/8R turn stepping LF to L back diagonal (face 1:30), Do a 1/8R turn by stepping RF to R

side (face 3:00)

Styling: Push hips forward on count 5, Push hip to left on count &, Push hips back on count 6, Push hip to left on count &, Repeat the hip rolling motion for 7&8&. Think this as a "drunken jazz box"?

Repeat Again and Enjoy the Beats!

TAG (To be danced after 3rd wall facing (9:00)

1-4 Walk 3/4L to face the front wall again, LF, RF, LF, RF