

Hey-O! (嘿-呵!) (zh)

COPPER KNOB
STEPSHEETS

Count: 80

Wall: 2

Level: Intermediate

Choreographer: Andrew Palmer (UK) & Sheila Palmer (UK) - 2010年05月

Music: Hey-O - Johnny Reid : (CD: Dance with Me)



前奏 : 32 count / 12s intro. Start on main vocals

第一段 **Rock. Recover. Kick. Side. Kick. Side. Cross. Side**
右下沉 回復 踢 側 踢 側 交叉, 側

1-4 Rock right to side. Recover. Kick right over left. Step right to side
右足右下沉, 左足回復, 右足於左足前交叉踢, 右足右踏

5-8 Kick left over right. Step left to side. Cross right over left. Step left to side
左足於右足前交叉踢, 左足左踏, 右足於左足前交叉踏, 左足左踏

第二段 **Dwight-Step (Toe. Heel. Toe. Kick). Coaster-Scuff**
德懷特步(趾, 踵, 趾, 踢), 海岸步 擦踢

1-2 Touch right beside left (both heels turned out). Touch right heel beside left (both toes turned out)
右足併點(雙足踵轉向外), 右足踵併點(雙足趾轉向外)

3-4 Touch right beside left (both heels turned out). Kick right forward
右足併點(雙足踵轉向外), 右足前踢

5-8 Step back on right. Step left beside right. Step forward right. Scuff left 右足後踏, 左足併踏, 右足前踏, 左足擦踢

第三段 **Cross. Back. Side. Scuff. Cross. Turn. Side. Hold**
交叉, 後, 側, 擦踢, 交叉, 1/4, 側, 候

1-4 Cross left over right. Step back on right. Step left to side. Scuff right 左足於右足前交叉踏, 左足後踏, 左足左踏, 右足擦踢

5-8 Cross right over left. Quarter turn right (3:00) Step back on left, Step right to side. Hold
右足於左足前交叉踏, 右轉90度(面向3點鐘)左足後踏, 右足右踏, 候

第四段 **Rock. Recover. Behind. Rock. Recover. Behind. Turn. Hold**
左下沉 回復 後 右下沉 回復 後 1/4 候

1-5 Rock left to side. Recover. Step left behind right. Rock right to side. Recover
左足左下沉, 右足回復, 左足於右足後踏, 右足右下沉, 左足回復

6-8 Step right behind left. Quarter turn left (12:00) Step forward left. Hold 右足於左足後踏, 左轉90度(面向12點鐘)左足前踏, 候

第五段 **Toe-Strut. Step-Pivot. Lock-Step. Hold** 趾踵 踏轉, 前鎖步 候

1-4 Touch right toe forward. Drop heel. Step forward left. Pivot half turn right (6:00)
右足趾前點, 右足踵踏, 左足前踏, 右軸轉180度(面向6點鐘)

5-8 Step forward left. Lock right behind left. Step forward left. Hold
左足前踏, 右足於左足後鎖踏, 左足前踏, 候

第六段 **Toe-Strut. Step-Pivot. Lock-Step. Hitch**
趾踵 踏轉, 前鎖步 抬

1-4 Touch right toe forward. Drop heel. Step forward left. Pivot half turn right (12:00)
右足趾前點, 右足踵踏, 左足前踏, 右轉180度(面向12點鐘)

5-8 Step forward left. Lock right behind left. Step forward left. Hitch
左足前踏, 右足於左足後鎖踏, 左足前踏, 右足抬

RESTART: RESTART from beginning DURING wall 3 on completion of 48 counts (12:00)

第三面牆跳至此面向12點鐘, 從頭起跳

第七段 **Side. Together. Back. Hold. Side. Together. Forward. Hold**
側 併 後 候, 側 併 前 候

1-4 Step right to side. Step left beside right. Step back on right. Hold
右足右踏, 左足併踏, 右足後踏, 候

5-8 Step left to side. Step right beside left. Step forward left. Hold
左足左踏, 右足併踏, 左足前踏, 候

第八段 Kick. Kick. Back. Lock. Back. Back. Lock. Side
踢, 踢, 後鎖步, 後, 鎖, 側

1-4 Kick right forward. Kick right forward. Step back on right. Lock left across right 右足前踢, 右足前踢, 右足後踏, 左足於右足前鎖踏

5-8 Step back on right. Step back on left. Lock right across left. Step left to side 右足後踏, 左足後踏, 右足於左足前鎖踏, 左足左踏

第九段 Behind. Side. Touch. Hold. Side. Behind. Side. Hold
後旁點候, 右後右候

1-4 (Look to your left) Step right behind left. Step left to side. Touch right beside left, Hold
(向左看)右足於左足後踏, 左足左踏, 右足併點, 候

5-8 (Look to your right) Step right to side. Step left behind right. Step right to side. Hold
(向右看)右足右踏, 左足於右足後踏, 右足右踏, 候

第十段 Step-Pivot. Step-Pivot. Rock. Recover. Step. Hold
踏轉1/4, 踏轉1/4, 前曼波, 候

1-4 Step forward left. Pivot quarter right (3:00). Step forward left. Pivot quarter right (6:00)
左足前踏, 右轉90度(面向3點鐘), 左足前踏, 右轉90度(面向6點鐘)

5-8 Rock forward left. Recover. Step left beside right. Hold
左足前下沉, 右足回復, 左足併踏, 候

TAG: REPEAT last 16 counts (65-80) at END of wall 4 (6:00)
加拍:第四面牆結束時面向6點鐘, 重覆跳最後16拍後, 從頭起跳
