

# 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**

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