

Hey! Hey! Dance This Way!

Count: 64

Wall: 4

Level: Beginner

Choreographer: Pauline Sparks (UK) - August 2007

Music: Restless - Bob McKinlay : (Hits From The Jukebox Vol. 2)



Start on vocals

Or Music: Stand By You by S Club 7
Leap Of Faith by Delbert McClinton, Toe The Line 4

Section 1 Right rocking chair - right shuffle forward - pivot 1/2 turn right

1 - 2 Step forward on right foot, recover on left foot
3 - 4 Step back on right foot, recover on left foot
5 & 6 Step forward right, close left, step forward right
7 ? 8 Step forward left foot, pivot 1/2 turn right

Section 2 Left rocking chair - left shuffle forward - pivot 1/2 turn left

1 - 2 Step forward on left foot, recover on right foot
3 - 4 Step back on left foot, recover on right foot
5 & 6 Step forward left, close right, step forward left
7 ? 8 Step forward right foot, pivot 1/2 turn left

Section 3 Side rock, cross shuffle x 2

1 - 2 Rock right to right to right side, rock on to left in place
3 & 4 Cross right over left, step left to side, cross right over left
5 - 6 Rock left to left side, rock on to right in place
7 & 8 Cross left over right, step right to side, cross left over right

Section 4 5 step weave right, hold, 1/4 turning left sailor step

1 - 2 Step right to right side, step left behind right
3 - 4 Step right to right side, step left in front of right
5 - 6 Step right to right side, hold 1 count
7 & 8 Cross left behind right, step right 1/4 turn left, step left to left side

Section 5 Triple 1/2 turn left x 2 - rock step, step lock step backwards

1 & 2 Triple 1/2 turn left, stepping right, left, right) or two triples forward
3 & 4 Triple 1/2 turn left, stepping left, right, left)
5 - 6 Rock forward on right foot, rock back on left foot
7 & 8 Step back right, lock left in front of right, step back right

Section 6 Side, close, side, close, 1/4 turn left, rock step, coaster step

1 - 2 Step left to left side, close right beside
3 & 4 Step left to left side, close right beside, step left turning 1/4 left
5 - 6 Rock forward on right, rock back on left
7 & 8 Step back right, step left beside, step forward right

Section 7 Step forward, sweep 1/4 turn left, cross shuffle, slide left, rock back, recover

1 - 2 Step forward left, sweep right leg round turning 1/4 left
3 & 4 Cross right over left, step left to left side, cross right over left
5 - 6 Step left long slide to left, slide right towards left (no weight)
7 ? 8 Rock right back behind left, rock forward on to left

Section 8 Slide right rock back recover - slide left rock back recover

1 - 2 Step right long slide to right, slide left towards right (no weight)
3 - 4 Rock left back behind right, rock forward on to right
5 - 6 Step left long slide to left, slide right towards left (no weight)
7 ? 8 Rock right behind left, rock forward on to left

