

# Hey There Delilah

**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Jess Chilton (UK) - February 2008

**Music:** Hey There Delilah - Plain White T's : (Album: Every Second Counts)



**Intro: 16 counts (9 seconds)**

## **Sailor Step, ¼ Sailor Turn, Rock Recover, Shuffle ½ Turn**

- 1&2            Cross right behind left Step left to left side Step right to place  
3&4            Cross left behind right making 1/4 turn left Step right to side, Step left to place  
5,6            Rock forward on right, Recover on left  
7&8            Turning ½ turn right, Step forward on right, close left next to right, step forward on right.

## **Make ½ Turn, ½ Turn, Kick ball point, Kick ball point, Pop Knee, In, Out, In**

- 1,2            Turning ½ turn right, step back on left, turning ½ turn left step forward on right  
3&4            Kick left foot forward, step left next to right, point right foot to right side  
5&6            Kick right foot forward, step right next to left, point left foot to left side  
7&8            Pop left knee in to right leg, pop knee back out, and back in again

## **Sweep, Sailor Turn, Cross Shuffle, Step, Slide and Step Forward**

- 1,2&3            Sweep left leg behind right doing a ¼ to left, step down on left, step right to right side, step left to left side  
4&5            Cross your right over your left, close left next to it, cross right over left  
6,7            Take a big step to the left on left foot, slide right foot next to it  
&8            Step down on right, step left foot forward (weight remaining on left foot)

## **Touch unwind, step knee pops, coaster step, side, touch, side**

- 1,2            Point right foot behind left, over right unwind ½ turn  
3&4            Step forward on left, pop both knees forward, recover  
5&6            Step back on left, close right next to left, step forward on left  
7&8            Point right foot to right side, touch back next to left, point right to right side

**Begin again**

**Restart: On wall 8, after the 3rd section restart the dance again**

**Tag: After wall 3,**

- 1, 2, 3, 4            Sway Right, Left, Right, Left