

Hey Girl

拍数: 32 墙数: 4 级数: Beginner / Improver
编舞者: Stompin' Grounds (USA), Tessa Sturm & Dustin Sturm (USA) - June 2019
音乐: Hey Girl - Ashley Ryan



Intro: 2 counts - start on the lyrics "Me and my girls..."

Note - One Restart during Wall 6 facing 6:00 on the lyrics "It's a quarter til 3..."

Section 1: [1-8]: Walk, Shuffle Forward, Rock-Recover, L 1/4 Turn, L Side Shuffle

1-2 Walk forward Right, Left
3&4 Shuffle Forward Right, Left, Right
5-6 Rock forward on Left, recover on Right
7&8 Turn 1/4 turn to the Left & shuffle to the Left sideways Left, Right, Left

Section 2: {1-8}: L Cross Shuffle with Claps, Heel Switches

1-2 Cross Right over Left, Hold & Clap Once
&3&4 Step Left to side, Cross Right over Left, Hold & Clap Twice
5-6 Step left, touch right heel diagonally forward
7-8 Step right, touch left heel diagonally forward

***RESTART on Wall 6 after the instrumental following the first chorus.**

You will do the first 16 counts, add a quick Left step and start the dance over from the beginning.

Section 3: [1-8]: L Vine, Full Traveling Spin to R

1-4 Step Left to side, step Right behind Left, Step Left to side, Touch Right beside Left
5-8 Full spin traveling to the Right stepping Right, Left, Right, Left

Section 4: [1-8]: L Toe Touch, R Toe Touch, Rock-Recover, Coaster Step

1-2 Tap Left toe forward x 2
3-4 Tap Right toe forward x 2
5-6 Rock forward on Left, recover on Right
7&8 Step back on Left, Step Right beside Left, Step forward on Left

NOTE (Optional)

***Sec 2 - Styling – While doing the Heel Switches, add Hip Sways/Dips – sway left, sway right**

***Sec 2 - Instead of the Heel Switches, replace with Step-Touch, Step-Touch with Finger Snaps (Snap Left, Snap Right)**