

Hey Ho

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Mimmi Danielsson (SWE) - December 2022
音乐: Hey Ho - Freddy Kalas



(<https://open.spotify.com/track/0eekaX32hUmJgcinPCL1iZ?si=61ae3d5e83644610>)

No restart No tag

Intro: 16 counts - Start with weight on RF.

S:1 - Charleston ×2

1-2 Point LF forward in sweeping motion, Sweep LF behind RF and step down on LF
3-4 Point RF behind LF in sweeping motion, Sweep RF forward and step down on RF
5-6 Point LF forward in sweeping motion, Sweep LF behind RF and step down on LF
7-8 Point RF behind LF in sweeping motion, Sweep RF forward and step down on RF

S:2 - Shuffle turn ¼ R x4

1&2 Step LF to L and turn ¼ R, Step RF next to LF, Step LF to L side
3&4 Step RF to R and turn ¼ R, Step LF next to RF, Step RF to R side
5&6 Step LF to L and turn ¼ R, Step RF next to LF, Step LF to L side
7&8 Step RF to R and turn ¼ R, Step LF next to RF, Step RF to R side

S:3 - Point ×2, Sailor turn 1/4 to L , Point ×2, Sailor turn 1/4 to R

1-2 Point L forward, Point L to L side
3&4 Cross L behind R, turn 1/4 L stepping RF to R side, Step LF forward
5-6 Point R forward, Point R to R side
7&8 Cross R behind L, turn 1/4 R stepping LF to L side, Step RF forward

S:4 - Step turn 1/2 R, Step turn 1/4 R, Heel, Hook

1-2 Step LF forward, Turn 1/2 R and step RF forward
3-4 Step LF forward, Turn 1/4 R and step RF together
5-6 Step LF forward, Touch RF heel forward
7-8 Hook RF in front of L knee, Step RF forward

Enjoy and Good luck

Merry Christmas

Submitted by: Marie Olsson, meolsson@gmail.com