

# 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](mailto:meolsson@gmail.com)