

拍数: 0 墙数: 4 级数: Intermediate

编舞者: Bill McGee (USA)

音乐: Hey! (So What) - Dannii Minogue



Sequence: AB ABB AAA B AAA, Start dance 40 counts in, start counting after the 4 beeps

SECTION A

TOUCH, AND, TOUCH, AND, TAP, TAP, STEP, STEP HOLD, AND, STEP, LOCK, STEP

Touch right to right, step right next to left, touch left to left side, step left next to right

Tap right forward at 45 degrees, tap right forward at 45 degrees a bit further, step on right

even a bit further at 45 degrees

5-6 Step forward on left at 45 degrees, hold

&7&8 Step right up behind right, step forward on left at 45 degrees, step right up behind left, step

forward on left at 45 degrees

TOUCH, SWEEP, TURN, STEP, STEP, LOCK, STEP, TOUCH, TURN, TOUCH TURN

1-2 Touch right forward facing 12:00, sweep right to right around and behind left

3-4 Turn ½ turn right as you finish sweeping right around weight still on left, step on right

Step forward on left, lock step right behind left, step forward on left

&7 Turn ¼ left and rock on right, replace weight on left

&8 Turn ¼ left and rock on right, replace weight on left making another ¼ turn left

CROSS, STEP, TURN, STEP, CROSS, STEP, TURN, STEP

1-2 Cross step right over left, step back on left

3-4 Step right on right making ¼ turn right, step left forward in front of left

5-6 Cross step right over left, step back on left

7-8 Step right to right making ¼ turn right, step slightly forward on left

TOUCH, TURN, SIDE, ROCK, CROSS, STEP, HOLD, AND, ROCK, STEP

1-2 Touch right to right, turn 1 full turn right stepping right beside left 3&4 Rock left to left, return weight to right, cross step left over right

5-6 Step right to right, hold

&7-8 Step left next to right, rock right on right, recover weight to left

SECTION B

ROCK, HOLD, BACK, BACK, ROCK, HOLD, FORWARD, FORWARD

1-2 Rock forward on right, hold

3-4 Step back on left, step back on right

5-6 Rock back on left, hold

7-8 Step forward on right, step forward on left

TURN, STEP, TURN, STEP, SHUFFLE RIGHT, ROCK, STEP

1-4 Step forward right and turn ½ turn left, step forward on left, step forward right and turn ½ turn

left, step forward on left

Step right on right, step left beside right, step right on right

7-8 Rock back on left, recover on right

ROCK, HOLD, BACK, BACK, ROCK, HOLD, FORWARD, FORWARD

49-50 Rock forward on left, hold

51-52 Step back on right, step back left

53-54 Rock back on right, hold

55-56 Step forward on left, step forward on right

TURN, TURN, STEP, SHUFFLE RIGHT, ROCK STEP

57-58	Step forward on left and turn ½ right, step forward on right
59-60	Step forward on left and turn ½ right, step forward on right
61&62	Step left on left, step right next to left, step left on left
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Rock back on right, recover on left