

Hey Ya!

拍数: 88 墙数: 4 级数: Improver
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音乐: Hey Ya! - Outkast



½ LEFT TURN, SAILOR CROSS, SIDE TOUCH, TWINKLE PATTERN

- 1 Execute ½ turn left on ball of left and then step right back right
2-3-4 Cross left behind left, step right to right, cross left over right
5 Touch right toes to right
6-7-8 Cross right over left, step left to left, step right to right

½ RIGHT TURN, HEEL SWITCHES, CROSS, SIDE, BEHIND ROCK, RECOVER, PIVOT ½ RIGHT TURN

- 9 Execute ½ turn right and then step left beside right
10& Touch right heel forward, step right beside left
11& Touch left heel forward, step left beside right
12-15 Cross right over left, step left to left, rock right behind left, recover weight onto left
16 Pivot ½ turn right (weight ends on right)

MAMBO CROSSES

- 17-19 Rock left to left, recover weight onto right, cross left over right
20-22 Rock right to right, recover weight onto left, cross right over left

SIDE, ½ LEFT TURN, BACK ROCK, RECOVER, DIAGONAL FORWARD, TOGETHER TOUCH, HOLD, DIAGONAL FORWARD, TOGETHER, HOLD

- 23-24 Step left to left, execute ½ turn left and then step right to right
25-26 Rock left back, recover weight onto right
&27-28 Step left forward towards left diagonal, touch right toes beside left, hold
&29-30 Step right forward towards right diagonal, step left beside right, hold

OUT-OUT- IN-IN PATTERNS, HEEL BOUNCES, OUT-OUT, HOLD

- &31-32 Step right to right, step left to left, hold
&33 Step right in towards left, step left in close beside right
34-36 Bounce both heels thrice
&37-38 Step right to right, step left to left, hold

For better styling: on counts &31-32 and &37-38, when stepping out-out bend both knees into a slight squad position and stretch both arms straight out to both sides at hip level with palms facing down. On counts &33 as you stepped in-in, bring both fists in front at chest level with left fist above the right fist. Then circle/roll fists around thrice as you bounce heels on counts 34-36

SIDE JAZZ JUMP, HOLD, SIDE JAZZ JUMP, HOLD, SIDE JAZZ JUMP, HOLD

- &39-40 Propelling from both feet, jump slightly to left as you close right together, hold
&41-42 Propelling from both feet, jump slightly to left with both feet, close together, hold
&43-44 Propelling from both feet, jump slightly to left with both feet, close together, hold

For better styling: look right and push both arms to right when you jump to left on counts &39-40, &41-42 and &43-44

TRAVELING RIGHT FULL RIGHT ROLLING VINE, SIDE, TOUCH, SIDE, TOUCH

- 45-48 Execute ¼ turn right and then step right forward, execute another ½ turn right and then step left back, execute furthest ¼ turn right and then step right to right, touch left toes beside right
49-52 Step left to left, touch right toes beside left, step right to right, touch left toes beside right
On count 50, snap both fingers to left. Likewise, on count 52, snap both fingers to right

TRAVELING LEFT FULL LEFT ROLLING VINE, SIDE, TOUCH, SIDE TOUCH

53-56 Execute ¼ turn left and then step left forward, execute another ½ turn left and then step right back, execute furthest ¼ turn left and then step left to left, touch right toes beside left

57-60 Step right to right, touch left toes to left, step left to left, touch right toes to right

On count 58, punch right arm up and left arm down, each hand making a sign language for 7. Likewise, on count 60, do the reverse, i.e. Punch left arm up and right arm down, each hand making a sign language for 7 too

FORWARD SKATES, BACK ROCK, RECOVER

61-64 Skate right forward, hold, skate left forward, hold

65-66 Rock right back, recover weight onto left

SIDE, TOGETHER TAP, HEEL-BALL-CROSS, HOLD, CROSS, HOLD

67-68 Step right to right, tap left toes beside right

69-72 Touch left heel forward, step left beside right, cross right over left, hold

73-74 Cross left over right, hold

TOGETHER TOUCH, DIAGONAL FORWARD KICK, TOGETHER STEP, SIDE TOUCH, FORWARD BRUSH, HEEL BOUNCES, TOGETHER

75-76& Touch right toes beside left, kick right diagonally forward, step right beside left

77-78 Touch left toes to left, brush left forward

79-82 Touch ball of left forward, bounce left heel twice, step left beside right

BACK ROCK, RECOVER, ½ LEFT TURN, BACK ROCK, RECOVER, ¼ LEFT TURN

83-86 Rock right back, recover weight onto left, execute ½ turn left and then step right back

86-88 Rock left back, recover weight onto right, execute ¼ turn left and then step left forward

REPEAT

TAG

After the 5th rotation (facing 3:00), you will hear the vocals "shake it". Dance the following fun wall to replace the 6th rotation

FORWARD PRESS AND SHIMMY, RECOVER AND SHIMMY, HIPS SHAKES

1-2 Shimmy shoulders as you step right forward as you lean forward into a slight press

3-4 Continue to shimmy shoulders as you recover weight onto left

5-8 Step right to right and then shake hips to right, shake hips left right, left

1 ¼ SENSUOUS PADDLE TURN

9-10 Step right forward, roll hips as you pivot ¼ turn left

10-11 Step right forward, roll hips as you pivot ¼ turn left

12-13 Step right forward, roll hips as you pivot ¼ turn left

14-16 Step right forward, roll hips as you pivot ½ turn left

Place right hand behind the head and left hand on the left hip as you dance the paddle turn on counts 9-16

SIDE CHASSE WITH HULA HANDS

17-19 Step right to right, step left beside right, step right to right

20-22 Step left to left, step right beside left, step left to left

Roll your hips as you dance the side chasses. Also hula both hands to right on counts 17-19 and hula both hands to left on counts 20-22

23-88 Repeat counts 1-22 above thrice

& Do a ¼ turn left to begin the 7th rotation facing 12:00
