

# Hey Oh

拍数: 0                      墙数: 2                      级数: Phrased Intermediate  
编舞者: Lesley White (UK) - September 2008  
音乐: Snow (Hey Oh) - Red Hot Chili Peppers : (CD: Stadium Arcadium)



Intro: 32

Sequence: 32-count intro, AA B AA(restart) A B AA B A

## Part A

### Forward Rock, Coaster Step, Forward Rock, Shuffle Back

1-2                      Rock forward on right foot, recover back onto left foot  
3&4                      Step right foot back, step left next to right, step right foot forward  
5-6                      Rock forward on left foot, recover back onto right foot  
7&8                      Step left foot back, step right foot to left, step left foot back

### Step Behind, Heel Jack, Heel Jack, Scuff, Hitch, Step

1-2                      Step right to right side, cross left foot behind right  
&3&4                      Step right foot to right side, dig left heel out to left side, step left beside right, cross right in front of left  
&5&6                      Step left foot to left side, dig right heel out to right side, step right beside left, cross left in front of right  
7&8                      Scuff right foot forward, hitch right knee, step back onto right foot

**RESTART: There is one restart on the 5th wall. Dance up to the heel jacks and instead of doing the scuff, hitch, step; step right in place, step left in place and begin dance again**

### Rock Back, Shuffle Forward, Turn Shuffle, Rock Back

1-2                      Rock back on left foot, recover onto right foot  
3&4                      Step forward left, bring right foot to left, step forward left  
5&6                      Making a half turn to left, step right foot back, bring left foot to right, step right foot back  
7-8                      Rock back on left foot, recover onto right foot

### Step, Scissor Right, Scissor Left, Step, Pivot Turn, Step

1-2&3                      Step left, rock to right side on right foot, recover onto left foot, cross right in front of left  
4&5                      Rock to left side on left foot, recover onto right foot, cross left in front of right  
6-8                      Step right, turn half turn to left, step right

### Full Turn, Side Shuffle, Rocking Chair To Diagonal

1-2                      Step left, right, making a full turn to left side  
3&4                      Step left to left side, close right foot to left, step left to left side  
5-6                      Cross rock forward on right foot, recover onto left  
7-8                      Rock back on right foot towards right diagonal back, recover onto left

### Full Turn, Side Shuffle, Rocking Chair To Diagonal

1-2                      Step right, left, making a full turn to right side  
3&4                      Step right to right side, close left foot to right, step right to right side  
5-6                      Cross rock forward on left foot, recover onto right  
7-8                      Rock back on left foot towards left diagonal back, recover onto right

### Cross Point, Cross Point, ¼ Turn Jazz Box

1-2                      Cross left in front of right, point right foot to right side  
3-4                      Cross right in front of left, point left foot to left side

5-8 Making a  $\frac{1}{4}$  turn to left, cross left in front of right, step back on right, step left to left side, step right beside left

**Cross Point, Cross Point,  $\frac{1}{4}$  Turn Jazz Box**

1-2 Cross left in front of right, point right foot to right side

3-4 Cross right in front of left, point left foot to left side

5-8 Making a  $\frac{1}{4}$  turn to left, cross left in front of right, step back onto right, step left to left side, touch right beside left

**Part B**

**Cross Rock, Shuffle Back, Kick, Point, Cross, Unwind**

1-2 Cross rock forward on right, recover back onto left

3&4 Step back right to right diagonal back, step left to right, step back right on diagonal

5&6 Kick left, step onto left, point right foot to right side

7-8 Cross right over left, unwind  $\frac{1}{2}$  turn

**Cross Rock, Shuffle Back, Kick, Point, Cross, Unwind**

1-2 Cross rock forward on left, recover back onto right

3&4 Step back left to left diagonal back, step right to left, step back left on diagonal

5&6 Kick right, step onto right, point left foot to left side

7-8 Cross left over right, unwind  $\frac{1}{2}$  turn

**Rumba Box With Shuffle**

1-2 Step right to side, step left beside right

3-4 Step back right, touch left beside right

5-6 Step left to side, touch right beside left

7&8 Step forward left, step right to left, step forward left

---