

Say Hey

拍数: 32 墙数: 2 级数: Improver
编舞者: Ingrid Kan (TW) - March 2010
音乐: Say Hey (I Love You) (feat. Cherine Anderson) - Michael Franti & Spearhead



Intro: 24 counts. Start dance with lyrics.

Option - Contra Line Dance

Restart will happen in the 7th rotation on count 29. (Face 12:00 only dance 28 counts)

(1-8) R&L syncopated cross rock steps, Shuffle Forward R&L

1&2 Cross rock R over L, recover weight on L, step R side
3&4 Cross rock L over R, recover weight on R, step L side
5&6 Shuffle forward R-L-R Fwd.
7&8 Shuffle forward L-R-L. Fwd.

(9-16) Pivot 1/4 turn left, Shuffle, Pivot 1/2 turn right. Shuffle

1-2 Step forward on R foot; Pivot 1/4 turn left, taking weight on L
3&4 Shuffle forward R-L-R
5-6 Step forward on L foot; Pivot 1/2 turn right, taking weight on R,
7&8 Shuffle forward L-R-L

(17-24) Jazz Turn R1/4 Touch, Hip bump L-R

1-4 Step R foot cross L, L foot behind R; Make a 1/4 turn right stepping R,L touch
5&6 Keeping L toe on the floor bump hips to the left 2 times taking weight onto L foot on count 6.
7&8 bump hips to the right 2 times Keeping R toe on the floor

(25-32) Pivot 1/2 turn left R Step, Pivot 1/2 turn right Step, Side Switches. Point. Clap.

1&2 Step forward on R foot; Pivot 1/2 turn left, taking weight on L, Step forward on R foot
3&4 Step forward on L foot; Pivot 1/2 turn right, taking weight on R, Step forward on L foot
5&6& Point to right side, Step right next to left, point to left side, Step left next to right
7-8 Point to right side, CLAP

Happy Dancing