

Hey! Look Me Over

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Irene Groundwater (CAN) - December 2008
音乐: Hey! Look Me Over - Peggy Lee



No Restarts Or Tags

[1-8] - RAISE RIGHT HAND, ROTATE FOR 3 COUNTS, (JUMP, TOUCH, HOLD) TWICE

- 1 Raise right hand overhead (as if holding a serviette in your hand above your head)
2-3-4 Rotate right hand in circular movement for 3 counts, touching right heel 3 times
&5-6 Small jump right diagonal forward, touch left ball beside right instep, hold
&7-8 Small jump left diagonal forward, touch right ball beside left instep, hold

Option, on count &5- look left with hands on hips

On count &7, look right with hands on hips

[9-16] - CROSS SHUFFLE, SIDE ROCK, CROSS SHUFFLE, SIDE, turn ¼ left

- 1&2 Crossing chassé right-left-right
3-4 Step left side, recover to right
5&6 Crossing chassé left-right-left
7-8 Step right side, turn ¼ left ball as you side step left

[17-24] - TOUCH, BACK, CROSS, BACK, TOUCH, BACK, CROSS, SCOOT, SCOOT, BACK

- 1-2& Touch right heel forward, step right back, cross left over
3-4& Step right back, touch left heel diagonal forward, step left back
5-6 Cross right over, scoot right back touching left ball behind right
7-8 Scoot right back touching left ball behind right, step left back

Option: on count 6&, scoot right back touching left ball behind right

Option: on counts 5 and 7, execute 2, body rolls, weight ends on left

Beginner option for counts 17-24: forward mambo, side mambo

- 1-2-3-4 Step right forward, recover to left, step right together, hold
5-6-7-8 Step left side, recover to right, step left together, hold

[25-32] - HIPS, HIPS, SIDE, POSE, SIDE POSE

- 1&2 Right hip forward, recover to left-right hip forward
3&4 Left hip forward, recover to right-left hip forward
5-6 Step right side, hold and pose
7-8 Step left side, hold and pose

Option: on counts 5 to 8, make circular movements with hips for 4 counts

Option 2: on counts 5 to 8, your choice of shimmys or shakes or grinds or poses etc

Beginner option for counts 25-28: 2 heel struts

- 1-2 Touch right heel forward, lower right ball (snapping fingers to the right)
3-4 Touch left heel forward, lower left ball (snapping fingers to the left)

REPEAT

Address: #300 – 1717 West 13th Ave., Vancouver, B.C. V6J 2H2, Canada - Tel & Fax # 604-732-0693