

I Say Hey!

拍數: 48 牆數: 2 級數: Phrased Easy Intermediate
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音樂: Hey (feat. Afrojack) - FÄIS



Starts after 32 counts. - Sequences: A-A-B-B-B-A-A-A-B-B-A-B-B-B-A-A

Part A: 32 counts

[1 – 8] (Skate, Skate, Shuffle) 2x

- 1 – 2 Skate R fwd. (1), skate L fwd. (2) [12.00]
3 & 4 Step R diag. fwd. (3), step L next to R (&), step R diag. fwd. (4) [12.00]
5 – 6 Skate L fwd. (5), skate R fwd. (6) [12.00]
7 & 8 Step L diag. fwd.(7), step R next to L (&), step L diag. fwd. (8) [12.00]

[9 – 16] Rock Steps, Toe Touches, Step Fwd., Scuff

- 1 – 2 & Rock R to side (1), recover to L (2), step R next to L (&) [12.00]
3 – 4 & Rock L to side (3), recover to R (4), step L next to R (&) [12.00]
5 & 6 & Touch R toe fwd. (5), step R next to L (&), Touch L toe fwd. (6), step L next to R (&) [12.00]
7 – 8 Step R fwd. (7), scuff L fwd. (8) [12.00]

[17 – 24] (Rock Step, ½ Shuffle Turn) 2x

- 1 – 2 Rock L fwd. (1), recover to R (2) [12.00]
3 & 4 ¼ L stepping L to side (3), step R next to L (&), ¼ L stepping L fwd. (4) [06.00]
5 – 6 Rock R fwd. (5), recover to L (6) [06.00]
7 & 8 ¼ R stepping R to side (7), step L next to R (&), ¼ R stepping R fwd. (8) [12.00]

[25 – 32] (Cross, Point) 2x, Jazz Box ½ Turn

- 1 – 4 Step L across R (1), point R to side (2), step R across L (3), point L to side (4) [12.00]
5 – 8 Step L across R (5), ¼ L stepping R back (6), ¼ L stepping L fwd. (7), scuff R fwd. (8) [06.00]

Part B: 16 counts

[33 – 40] Arm Movements

- 1 – 4 Step R out and put arm fwd. with palm up. (from bottom to top) (1-4)
5 – 8 Pull arm slowly in (5-8)

[41 – 48] Waves R + L, ½ Turn

- 1 – 4 Wave both hands R, weight stays on R (1-4)
5 – 8 Wave both hands L, weight to L (5-7), ¾ turn R (8)

Optional when waving:

Wave both hands to either R of L turning ¼ in the direction you're waving and drop to the opposite knee. For example: when waving to R, drop to L Knee.

Note: When 'A' starts again, you don't do count 8 (¾ turn)

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