

Hey Ho

拍數: 64 牆數: 2 級數: Improver
編舞者: Cato Larsen (NOR) - May 2017
音樂: Hey Ho - Freddy Kalas : (CD: Digital download only - Spotify 2015)



Intro: Start the dance at vocals after 32 counts of intro. (16 seconds).

[1 – 8] Cross Rock, Side Rock, 1/2 Vaudeville.

1,2 Cross left over right (1), Rock (recover) back again onto right (2). 1:30
3,4 Step left to left side (3), Rock (recover) back again onto right (4).
5,6 Cross left over right (5), Step right to right side (6). 12:00
7,8 Touch left heel diagonally forward left (7), Step left next to right (8). 10:30

[9 – 16] Cross Rock, Side Rock, 1/2 Vaudeville.

1,2 Cross right over left (1), Rock (recover) back again onto left (2).
3,4 Step right to right side (3), Rock (recover) back again onto left (4).
5,6 Cross right over left (5), Step left to left side (6). 12:00
7,8 Touch right heel diagonally forward right (7), Step right next to left (8). 1:30

[17 – 24] Weave 1/8 turn, Hold, 1/8 turn into Weave, Hold.

1,2 Cross left over right (1), Step right to right side (2).
3,4 Cross left diagonally behind right (3), Hold (4). 10:30
5 Step right diagonally back right (5). 10:30
6 Turn 1/8 turn left Stepping left to left side (6). 9:00
7,8 Cross right over left (7), Hold (8).

[25 – 32] Side Mambo Cross, Hold, 1/4 Pivot turn twice, Cross, Hold.

1,2 Step left to left side (1), Rock (recover) back again onto right (2).
3,4 Cross left over right (3), Hold (4).
5 Pivot ¼ turn left Stepping back on right (5). 6:00
6 Pivot ¼ turn left Stepping left to left side (6). 3:00
7,8 Cross right over left (7), Hold (8).

[33 – 40] Modified Sailor Steps.

1,2 Stomp left to left side (1), Hold (2).
3,4 Cross right behind left (3), Step left slightly to left side (4).
5,6 Stomp right to right side (5), Hold (6).
7,8 Cross left behind right (7), Step right slightly to right side (8).

[41 – 48] Stomp, Scuff across, Hitch & Swing, Side, Heel-Toe-Heel swivels.

1,2 Stomp left to left side (1), Scuff right foot diagonally forward across of left (2).
3,4 Hitch right knee up (3), Swing right leg right and Step right to right side (4).
5,6,7,8 Swivel both heels in (5), Swivel both toes in (6), Swivel both heels in (7), Hold (8).

[49 – 56] Mambo Step forward, Mambo Step back.

1,2,3,4 Step forward on left (1), Rock (recover) back again onto right (2), Step back on left (3), Hold (4).
5,6,7,8 Step back on right (5), Rock (recover) forward again onto left (6), Step forward on right (7), Hold (8).

[57 – 64] Step, 1/2 Turn, Step (Chase turn), 1/2 Pivot turn twice, 1/4 Pivot turn.

1,2,3,4 Step forward on left (1), Turn (swivel) ½ turn right (2), Step forward on left (3), Hold (4).
5 Pivot ½ turn left Stepping back on right (5).

6 Pivot $\frac{1}{2}$ turn left Stepping forward on left (6).
7,8 Pivot $\frac{1}{4}$ turn left Stepping right to right side (7), Hold (8).

Note: Under rotate last $\frac{1}{4}$ turn to make it easier to start the dance again on the Cross Rock.

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