

Hey Dad

拍數: 32 牆數: 2 級數: High Improver
編舞者: Lars Kuif (NL) - November 2019
音樂: "Hey Dad" by Mat Stillwell



Info: Starts after 16 counts

[1 – 8] Rock Back In R. Diag., ½ Turn, ¼ Diamond R, Shuffle Fwd.

1 – 2 Rock R back in R diagonal (1), recover to L (2) [12.00]
&3 ¼ L stepping R back (&), ¼ L stepping L to side sweeping R across L (3) [06.00]
4&5 Step R across L (4), 1/8 R stepping L back (&), step R back (5) [07.30]
6& Step L back (6), 1/8 R stepping R fwd. (&) [09.00]
7&8 Step L fwd. (7), step R next to L (&), step L fwd. (8) [09.00]

[9 – 16] Rocking Chair, Shuffle Fwd., ¼ Pivot R, Cross, ½ Hinge Turn L, Side

1&2& Rock R fwd. (1), recover to L (&), rock R back (2), recover to L (&) [09.00]
3&4 Step R fwd. (3), step L next to R (&), step R fwd. (4) [09.00]
5&6 Step L fwd. (5), ¼ R recovering weight to RF (&), step L across R (6) [12.00]
7&8 ¼ L stepping R back (7), ¼ L stepping L to side (&), step R across L (8) [06.00]
& Step L to side (&) [06.00]

[17 – 24] Cross Rock, ¼ R, Step Fwd. Rock Fwd., Coaster Step, Together, Step Fwd., Mambo, Step Back, Sweep

1 – 2 Rock R across L (1), recover to L (2) [06.00]
&3 ¼ R stepping R fwd. (&), rock L fwd. (3) [09.00]
4&5 Step R back (4), step L next to R (&), step R fwd. (5) [09.00]
&6 Step L next to R (&), step R fwd. (6) [09.00]
7&8 Rock L fwd. (7), recover to R (&), step L back with R sweep back (8) [09.00]

[25 – 32] ¼ Sailor Turn R, ½ Pivot R, Walk R fwd., R Mambo Fwd., Step-Lock-Step Back, Sweep Back

1&2 Step R behind L (1), ¼ R stepping L to side (&), step R slightly fwd. and to side (2) [12.00]
3&4 Step L fwd. (3), ½ R changing weight to RF (&), step L fwd. (4) [06.00]
5&6 Rock R fwd. (5), recover to L (&), step R back (6) [06.00]
7&8 Step L back (7), lock R across L (&), step L Back with R sweep back (8) [06.00]

Begin again!

Restart: Dance wall 2 and 4 up to count 16& and restart (facing 12.00). Note: at 16& turn body slightly to R diagonal to ease the Restart.

Tag+ Restart:

Dance wall 3 and 7 up to the end and add (facing 06.00):

1 – 2 Step R back with L sweep back (1), step L back with R sweep back (2)

Restart

Questions: larskuifinedance@gmail.com