

Hey Hey (Now We're Rockin')

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: William Sevone (UK)
音樂: Rockin' At The Hey Hey - Roy Rogers



'DANDY' WALK FORWARD, SYNCOPATED ROCK 'N' STEP

1-4 Saunter forward: right foot, left foot, right foot, left foot
5&6 Step rock right foot to side, rock back onto left foot, step right foot next to left

'DANDY' WALK FORWARD, 2X SYNCOPATED ROCK 'N' STEP

7-10 Saunter forward: left foot, right foot, left foot, right foot
11&12 Step rock left foot to side, rock back onto right foot, step left foot next to right
13&14 Step rock right foot to side, rock back onto left foot, step right foot next to left

'DANDY' WALK BACKWARD, SYNCOPATED ROCK 'N' STEP

15-18 Saunter backward: left foot, right foot, left foot, right foot
19&20 Step rock left foot to side, rock back onto right foot, step left foot next to right

'DANDY' WALK BACKWARD, 2X SYNCOPATED ROCK 'N' STEP

21-24 Saunter backward: right foot, left foot, right foot, left foot
25&26 Step rock right foot to side, rock back onto left foot, step right foot next to left
27&28 Step rock left foot to side, rock back onto right foot, step left foot next to right

SPLIT STEP, 'MILK THE COW', SAILOR SHUFFLE, ¼ RIGHT ROCK, ROCK

29-30 Step right foot to side, step left foot to side, (feet now shoulder width apart)
31& (With knees and arms slightly bent) left arm up, left arm down/right arm up
32& Right arm down/left arm up, right arm up/left arm down (like milking a cow)
33&34 Step left foot behind right, step right foot next to left, step left foot to side (as you step left behind right, left arm up/right arm down)
35-36 Turning ¼ right on ball of left foot rock back onto right foot, rock forward onto left

2X SHUFFLE FORWARD, 2X TOE TOUCH, STEP BEHIND, ½ LEFT

37&38 Step forward onto right foot, step left foot next to right, step forward onto right foot
39&40 Step forward onto left foot, step right foot next to left, step forward onto left foot
41-43 Touch right toe forward, touch right toe to side, step right foot behind left
44 Turn ½ turn left on right foot - stepping onto left foot

2X FORWARD BODY ROLLS

45-46 Body roll forward, (weight ending on right foot)
47-48 Body roll forward, (weight ending on right foot)

SIDE STEP, SIDE STEP WITH HIP PUSH, HOLD, HIP PUSH, HOLD, 3X HIP PUSHES

49 Step left foot to left side
50-51 Step right foot to side - pushing hips to right, hold
52-53 Push hips to left, hold
54-56 Push hips right, push hips left, push hips right

Styling note: counts 51-56 as you push your hips to the side, punch your arm up. E.g. Right hips - right arm

2X MODIFIED SAILOR SHUFFLES, HEEL TOUCH, STEP BACK, ¼ LEFT, ROCKS

57&58 Step left foot behind right, step right foot next to left, step left foot forward
59&60 Step right foot behind left, step left foot next to right, step right foot forward
61-62 Touch left heel forward, step back onto left foot

63-64

Turning $\frac{1}{4}$ left on ball of left foot - rock back onto right foot, rock forward onto left

REPEAT
