

Hey Hey Heeeey!

拍數: 0 牆數: 0 級數:
編舞者: Maria Rask (SWE)
音樂: Mambo - Elena Paparizou



Sequence: A, A(1-32), BBA, A(1-32), B, A(1-28), TAG, A(1-32), A(1-32), BB

SECTION A

OUT OUT TOUCH HOLD SWAY X 3 HITCH

- 1 Step out right slightly forward - wave right hand to the right
- 2 Step out left slightly forward - wave right hand to the left
- 3 Touch right beside left - wave right hand right
- 4 Hold
- 5 Step to right side and sway right
- 6 Step to left side and sway left
- 7 Step to right side and sway right
- 8 Hitch left - turn your body slightly to the left (11:00)

SWAY X 3 HITCH SAILOR TURN STEP TURN

- 1 Step to left side and sway left
- 2 Step to right side and sway right
- 3 Step to left side and sway left
- 4 Hitch right - turn your body slightly to the right (1:00)
- 5&6 ¼ sailor turn right
- 7 Step forward left
- 8 Turn ¼ right - weight ends on right

CROSS & SIDE ROCKS UNWIND

- 1& Cross rock left over right - recover on right
- 2& Left side rock - recover on right
- 3& Cross rock left over right -recover on right
- 4 Step left to left side
- 5& Cross rock right over left- recover on left
- 6 Step right to right side
- 7 Touch left behind right
- 8 Unwind ½ left -weight ends on left

CROSS BACK SIDE CROSS BACK SIDE KICK BALL CHANGE STEP TURN ½

- 1&2 Cross right over left, step back on left step right to right side
- 3&4 Cross left over right step back on right. Step left to left side
- 5&6 Right kickball change
- 7&8 Step forward right turn ½ left

SIDE ROCK BEHIND SIDE CROSS SIDE ROCK SAILOR TURN

- 1&2 Right side rock -recover on left
- 3&4 Left behind right, step left to left, cross right over left
- 5&6 Left side rock -recover on right
- 7&8 Sailor turn ¼ left

ROCK STEP TRIPLE TURN STEP TURN CROSS HOLD

- 1&2 Rock right forward- recover

- 3&4 Triple turn ½ right
- 5 Step forward left
- 6 Turn ¼ right - weighs ends on right
- 7 Cross left over right
- 8 Hold

SECTION B

EXTENDED WEAVE SIDE SWITCHES HOLD AND SNAP

- 1&2 Cross right over left, step left to side, cross right behind left
- &3& Step left to side, cross right over left, step left to left side
- 4 Cross right behind left
- 5&6 Point left to left side, step together, point right to right side
- & Step together
- 7 Point left out to left side
- &8 Hold and snap fingers twice

SAILOR STEP SAILOR STEP BEHIND UNWIND LONG STEP DRAG

- 1&2 Left sailor step
- 3&4 Right sailor step
- 5 Left toe behind right
- 6 Unwind full turn left
- 7-8 Long step right, drag left towards right

TAG

- 1234 Step forward right, touch left beside right kick left forward, step back left
- 5678 Kick right forward, step back on right, step left behind right, step right to side
- 1234 Kick left forward, hook left over right, kick left forward, step left to side
- 5678 Step right behind left, step left to side, kick right over left hook right over left

FINISH

Add an "&" between the last 7-8

- 7&8 Long step, together, right heel diagonally forward arms up
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