Hey Now

拍數: 48   牆數: 4   級數: Intermediate

編舞者: Ron Kline (USA)

音樂: You've Got Something I Want - J.C. Jones

STOMPS OUT TO SIDES WITH HOLDS, SMALL STEPS TOGETHER, CROSS TOUCH

1-4	Stomp right foot out slightly to right side,(weight to right foot) hold/snap fingers, stomp left foot out slightly to left side, (weight to left foot) hold/snap fingers (feet should be slightly more than shoulder width apart)
5-7	Bump hips to left as you step right foot towards center, bump hips to right as you step left foot towards center, bump hips to left as you step right foot to center
8	Cross touch left toe over right foot

SLOW UNWIND, SHAKE AND SHAKE
Keep weight on right foot through these steps

9-12	Slowly in 4 counts unwind legs ½ turn to the right as you raise right shoulder and lower left shoulder, raise left shoulder and lower right shoulder, repeat shoulders
13&14	With elbows bent and hands making loose fists in front of body bend slightly forward at waist as you shake shoulders and hips (right-left-right.)
15&16	Straighten up as you shake shoulders and hips (right-left-right.)

BACK BALL WALK FORWARD, SHUFFLE FORWARD, ROCK/GRIND STEP, COASTER WITH TURN

&17-18	Step back slightly on ball of left foot, walk forward (right-left.)
19&20	Shuffle forward (right-left-right.)
21-22	Rock forward on left heel with toe to right diagonal, fan left toe to left diagonal as you shift weight back onto right foot
23&24	Step left foot back, step on ball of right foot next to left foot, step left foot forward turning foot and twisting upper body to the left to start a ¼ turn to the left

VINE RIGHT WITH ½ TURN, 2 SAILOR SHUFFLES

25-28	Pivot slightly on left foot to finish ¼ turn to the left stepping right foot to right side, cross step left foot behind right foot, step right foot to right side making a ¼ turn to the right with the step, pivot ¼ to the right on right foot stepping left foot to left side
29&30	Angling body slightly to the right step right foot behind left foot, step to left side on ball of left foot, straightening body forward step right foot in place
31&32	Angling body slightly to the left step left foot behind right foot, step to right side on ball of right foot, straightening body forward step left foot in place

AFRO TWIST & TO RIGHT SIDE, AFRO TWIST & TO LEFT SIDE
Afro Twist is a dance we did in the 60s.

33	Dipping right shoulder to right side step right foot to right side at the same time, make upper half of circle in front of body with left hand from left to right
34	Bend both knees stepping left foot next to right foot. At the same time, make upper half of circle in front of body with right hand from right to left
35	Straightening up step right foot to right side. At the same time, make upper half of circle in front of body with left hand from left to right
36	Touch left toe to left side. At the same time, reach out to right side with left hand and twist upper body slightly to the right
37	Dipping left shoulder to left side step left foot to left side. At the same time, make upper half of circle in front of body with right hand from right to left
38	Bend both knees stepping right foot next to left foot. At the same time, make upper half of circle in front of body with left hand from left to right

39	Straightening up step left foot to left side. At the same time, make upper half of circle in front of body with right hand from right to left
40	Touch right toe to the right side. At the same time, reach out to left side with right hand and twist upper body slightly to the left

GRIND STEPS, COASTER STEP, HOLD, STOMP
Twist hips with the first 4 counts

41-42	Step Right foot slightly forward with toe to the left, lifting Left heel off floor fan Right toe to the right as you step down on Left foot
43-44	Repeat counts 41-42 (rock steps may be used for these 4 counts)
45&46	Step right foot back, step on ball of left foot next to right foot, step right foot forward
47-48	Hold position, stomp left foot in place and just slightly ahead of right foot

REPEAT