

Hey Ya!

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Tara Henton (UK)
音樂: Hey Ya! - Outkast



Quick start! Only a three count intro. Begin after he says 1, 2, 3

BACK, TOUCH, BACK, TOUCH, ROCK, RECOVER, FORWARD, HOLD

1-4 Step back on right towards right diagonal, touch left beside right, step back on left towards left diagonal, touch right beside left

5-8 Rock back on right, recover left, step forward right, hold

Option: add claps on beats 2, 4, and 8

STEP, PIVOT ½ TURN RIGHT, STEP SIDE, TOUCH, STEP BACK WITH A ¼ TURN LEFT, TOUCH

1-4 Step forward left, pivot ½ turn right with weight on right foot, step left to the side, touch right beside left

5-6 Making a ¼ turn left step back right, touch left beside right

THREE MODIFIED HIP ROLLS WITH ¼ TURN LEFT, STEP, KICK

1-4 Step forward left, bend right knee slightly and start rolling hips to the right making ¼ turn left, push right toe to side continuing hip roll, bend right knee slightly and begin another to the right hip roll making ¼ turn left

5-8 Push right toe to side continuing hip roll, bend right knee slightly and begin another hip roll to the right making ¼ turn left, step right to the side, kick left out on diagonal

The hip rolls are meant to be continuous, with one complete hip rotation for each ¼ turn. The leg movement is meant to blend in with the hip rolls. For an easier option, you can replace counts 1-6 with paddle turns

ROCK BEHIND, RECOVER, SIDE STEP WITH ½ TURN RIGHT, HITCH, MODIFIED CHASSE RIGHT WITH ¼ TURN RIGHT

1-4 Rock left behind right, recover right, step left side left and turn ½ turn right with weight on left foot, hitch right knee

5-8 Step right to the side, step together with left while hitching right knee, making a ¼ turn right step right forward, hold

Styling option for counts 4-8: shoulder movements, with arms straight at sides

4 Raise right shoulder and drop left

5 Raise left shoulder and drop right

6 Raise right shoulder and drop left

7 Raise left shoulder and drop right

8 Hold

STEP, TURN, STEP, FULL TURN TRAVELING FORWARD

1-4 Step forward left, pivot ½ turn right with weight on right foot, step left forward, hold (prep for full turn left)

5-6 Making ½ turn left step right back, making another ½ turn left step left forward

Easy option: just step right, left walking forward

STEP, LOCK, STEP, SCUFF, STEP, LOCK, STEP, TOUCH

1-4 Step right forward toward the right diagonal, lock step left behind right, step right forward toward right diagonal scuff left foot forward

5-8 Step left forward toward the left diagonal, lock step right behind left, step left forward toward left diagonal, touch right beside left

REPEAT

TAG

At the end of the 6th wall, dance the first 36 counts, and then replace the final set of 8 with the following:

- 1-2 Step right forward towards right diagonal, swaying upper body to right; hold
 - 3-4 Transfer weight back to left, swaying upper body to left drag right in towards left (keeping weight on left)
 - 5-8 Turn right knee in, out, in, then hitch right knee
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