

# Hey Ya!

拍數: 88      牆數: 4      級數: Improver  
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音樂: Hey Ya! - Outkast



## ½ LEFT TURN, SAILOR CROSS, SIDE TOUCH, TWINKLE PATTERN

- 1            Execute ½ turn left on ball of left and then step right back right  
2-3-4        Cross left behind left, step right to right, cross left over right  
5            Touch right toes to right  
6-7-8        Cross right over left, step left to left, step right to right

## ½ RIGHT TURN, HEEL SWITCHES, CROSS, SIDE, BEHIND ROCK, RECOVER, PIVOT ½ RIGHT TURN

- 9            Execute ½ turn right and then step left beside right  
10&          Touch right heel forward, step right beside left  
11&          Touch left heel forward, step left beside right  
12-15        Cross right over left, step left to left, rock right behind left, recover weight onto left  
16            Pivot ½ turn right (weight ends on right)

## MAMBO CROSSES

- 17-19        Rock left to left, recover weight onto right, cross left over right  
20-22        Rock right to right, recover weight onto left, cross right over left

## SIDE, ½ LEFT TURN, BACK ROCK, RECOVER, DIAGONAL FORWARD, TOGETHER TOUCH, HOLD, DIAGONAL FORWARD, TOGETHER, HOLD

- 23-24        Step left to left, execute ½ turn left and then step right to right  
25-26        Rock left back, recover weight onto right  
&27-28       Step left forward towards left diagonal, touch right toes beside left, hold  
&29-30       Step right forward towards right diagonal, step left beside right, hold

## OUT-OUT- IN-IN PATTERNS, HEEL BOUNCES, OUT-OUT, HOLD

- &31-32       Step right to right, step left to left, hold  
&33           Step right in towards left, step left in close beside right  
34-36        Bounce both heels thrice  
&37-38       Step right to right, step left to left, hold

**For better styling: on counts &31-32 and &37-38, when stepping out-out bend both knees into a slight squad position and stretch both arms straight out to both sides at hip level with palms facing down. On counts &33 as you stepped in-in, bring both fists in front at chest level with left fist above the right fist. Then circle/roll fists around thrice as you bounce heels on counts 34-36**

## SIDE JAZZ JUMP, HOLD, SIDE JAZZ JUMP, HOLD, SIDE JAZZ JUMP, HOLD

- &39-40       Propelling from both feet, jump slightly to left as you close right together, hold  
&41-42       Propelling from both feet, jump slightly to left with both feet, close together, hold  
&43-44       Propelling from both feet, jump slightly to left with both feet, close together, hold

**For better styling: look right and push both arms to right when you jump to left on counts &39-40, &41-42 and &43-44**

## TRAVELING RIGHT FULL RIGHT ROLLING VINE, SIDE, TOUCH, SIDE, TOUCH

- 45-48        Execute ¼ turn right and then step right forward, execute another ½ turn right and then step left back, execute furthest ¼ turn right and then step right to right, touch left toes beside right  
49-52        Step left to left, touch right toes beside left, step right to right, touch left toes beside right  
**On count 50, snap both fingers to left. Likewise, on count 52, snap both fingers to right**

### **TRAVELING LEFT FULL LEFT ROLLING VINE, SIDE, TOUCH, SIDE TOUCH**

- 53-56 Execute ¼ turn left and then step left forward, execute another ½ turn left and then step right back, execute furthest ¼ turn left and then step left to left, touch right toes beside left
- 57-60 Step right to right, touch left toes to left, step left to left, touch right toes to right
- On count 58, punch right arm up and left arm down, each hand making a sign language for 7. Likewise, on count 60, do the reverse, i.e. Punch left arm up and right arm down, each hand making a sign language for 7 too**

### **FORWARD SKATES, BACK ROCK, RECOVER**

- 61-64 Skate right forward, hold, skate left forward, hold
- 65-66 Rock right back, recover weight onto left

### **SIDE, TOGETHER TAP, HEEL-BALL-CROSS, HOLD, CROSS, HOLD**

- 67-68 Step right to right, tap left toes beside right
- 69-72 Touch left heel forward, step left beside right, cross right over left, hold
- 73-74 Cross left over right, hold

### **TOGETHER TOUCH, DIAGONAL FORWARD KICK, TOGETHER STEP, SIDE TOUCH, FORWARD BRUSH, HEEL BOUNCES, TOGETHER**

- 75-76& Touch right toes beside left, kick right diagonally forward, step right beside left
- 77-78 Touch left toes to left, brush left forward
- 79-82 Touch ball of left forward, bounce left heel twice, step left beside right

### **BACK ROCK, RECOVER, ½ LEFT TURN, BACK ROCK, RECOVER, ¼ LEFT TURN**

- 83-86 Rock right back, recover weight onto left, execute ½ turn left and then step right back
- 86-88 Rock left back, recover weight onto right, execute ¼ turn left and then step left forward

### **REPEAT**

### **TAG**

**After the 5th rotation (facing 3:00), you will hear the vocals "shake it". Dance the following fun wall to replace the 6th rotation**

### **FORWARD PRESS AND SHIMMY, RECOVER AND SHIMMY, HIPS SHAKES**

- 1-2 Shimmy shoulders as you step right forward as you lean forward into a slight press
- 3-4 Continue to shimmy shoulders as you recover weight onto left
- 5-8 Step right to right and then shake hips to right, shake hips left right, left

### **1 ¼ SENSUOUS PADDLE TURN**

- 9-10 Step right forward, roll hips as you pivot ¼ turn left
- 10-11 Step right forward, roll hips as you pivot ¼ turn left
- 12-13 Step right forward, roll hips as you pivot ¼ turn left
- 14-16 Step right forward, roll hips as you pivot ½ turn left

**Place right hand behind the head and left hand on the left hip as you dance the paddle turn on counts 9-16**

### **SIDE CHASSE WITH HULA HANDS**

- 17-19 Step right to right, step left beside right, step right to right
- 20-22 Step left to left, step right beside left, step left to left

**Roll your hips as you dance the side chasses. Also hula both hands to right on counts 17-19 and hula both hands to left on counts 20-22**

- 23-88 Repeat counts 1-22 above thrice
- & Do a ¼ turn left to begin the 7th rotation facing 12:00
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