

Hey You

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Hey You - Shakira



MAMBO STEP FORWARD, HOLD, MAMBO STEP BACK, HOLD

1-2 Step forward on left, back on right
3-4 Step left next to right, hold
5-6 Step back on right, forward on left
7-8 Step right next to left, hold

LEFT STEP, RIGHT STEP, LEFT STEP, STOMP, STOMP

1-2 Step left to left side, touch right to left
3-4 Step right to right side, touch left to right
5-6 Step left to left side, touch right to left
7-8 Stomp right, stomp left

DIAGONAL KICK BALL CHANGE, CROSS, HOLD, POINT, REPEAT WITH LEFT (SYNCOPATED)

1&2 Kick right forward (to diagonal left), step right together, step onto left in place
&3-4 Cross right over left, hold, point left to left side
5&6 Kick left forward (to diagonal right), step left together, step onto right in place
&7-8 Cross left over right, hold, touch right to right side

JAZZ BOX ¼ TURN RIGHT, SIDE SWITCHES, HEEL SWITCHES (LEAD RIGHT)

1-2 Cross right over left, step back on left
3-4 Step right ¼ turn right, step left beside right
5&6& Touch right to right side, step right beside left, touch left to left side, step left beside right
7&8& Touch right heel forward, step right beside left, touch left heel forward, step left beside right

FORWARD, TOUCH, HOLD, SHUFFLE BACK ½ TURN LEFT, SHUFFLE FORWARD ½ TURN LEFT

1-2 Large step forward on right
3-4 Drag left to touch beside right, hold (clap)
5&6 Shuffle back stepping left, right, left making ½ turn left
7&8 Complete to make a full turn stepping forward right, left, right (½ turn left)

ROCK BACK RECOVER, STEP, ¼ TURN LEFT TOUCH, SHUFFLE RIGHT, BACK ROCK

1-2 Rock backwards on left, recover onto right
3-4 Step forward on left, step ¼ turn left touching right next to left
5&6 Shuffle to the right stepping right, left, right
7-8 Rock back onto left, recover onto right

RUMBA BOX, LEFT AND FORWARD, RIGHT AND BACK

1-2 Step left to left side, step right beside left
3-4 Step forward left, hold
5-6 Step right to right side, step left beside right
7-8 Step back right, hold

BACK ¼ TURN, STEP ½ TURN, HIP BUMPS FORWARD LEFT, HIP BUMPS FORWARD RIGHT

1-2 Step left back ¼ turn left, scuff right
3-4 Step right forward turning ½ turn left, scuff left
5&6 Step forward left, bumping hips - left, right, left

7&8

Step forward right, bumping hips - right, left, right

REPEAT

RESTART

Start wall 4 after 24 counts of wall 3. First 16 as normal, then:

MONTEREY ¼ TURN RIGHT, STOMP, HOLD, CLICK, CLICK

1-2 Touch right to right side. On ball of left make ¼ turn right, stepping right beside left

3-4 Touch left to left side. Step left beside right

5-6 Stomp right in place, hold

7-8 Two finger clicks
