

Hey!!!

拍數: 32 牆數: 4 級數: Intermediate west coast swing
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Hillbillies (Love It In The Hay) - Hot Apple Pie



SYNCOPATED STEP-SLIDE-STEPS, SYNCOPATED ROCK STEP, PIVOT STEP, FORWARD SHUFFLE

- 1&2 Step forward and diagonally to the right on right foot, slide left foot up and behind right and step, step forward and diagonally to the right on right foot
- 3&4 Step forward and diagonally to the left on left foot, slide right foot up and behind left and step, step forward and diagonally to the left on left foot
- 5&6 Step forward on right foot, rock back onto ball of left foot, pivot ½ turn to the right on ball of left foot and step forward on right foot
- 7&8 Shuffle forward (left, right, left)

SYNCOPATED SIDE ROCK STEP, TOUCH, SIDE SHUFFLE, PIVOTING ROCK STEP, FORWARD SHUFFLE

- 9&10 Step to the right on right foot, rock to the left onto left foot, touch right foot next to left
- 11&12 Side shuffle to the right (right, left, right)
- 13-14 Pivot ¼ turn to the left on ball of right foot and step back on left foot, rock forward onto right foot
- 15&16 Shuffle forward (left, right, left)

MILITARY TURN TO THE LEFT, FORWARD SHUFFLE, MILITARY TURN TO THE RIGHT, FORWARD SHUFFLE

- 17-18 Step forward on right foot, pivot ¼ turn to the left on ball of right foot and shift weight to left foot
- 19&20 Shuffle forward (right, left, right)
- 21-22 Step forward on left foot, pivot ¼ turn to the right on ball of left foot and shift weight to right foot
- 23&24 Shuffle forward (left, right, left)

ROMP, TOUCH, SYNCOPATED SIDE ROCK STEP, TOGETHER, ROMP, TOUCH, SYNCOPATED SIDE ROCK STEP, TOGETHER

- &25 Step back and diagonally to the right on right foot, touch left heel forward
- &26 Step left foot to home, touch right foot next to left
- 27&28 Step to the right on right foot, rock to the left onto left foot, step right foot next to left
- &29 Step back and diagonally to the left on left foot, touch right heel forward
- &30 Step right foot to home, touch left foot next to right
- 31&32 Step to the left on left foot, rock to the right onto right foot, step left foot next to right

REPEAT
