

# Hey! Hey! Dance This Way!

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 4      級數: Beginner  
編舞者: Pauline Sparks (UK) - August 2007  
音樂: Restless - Bob McKinlay : (Hits From The Jukebox Vol. 2)



## Start on vocals

Or Music: Stand By You by S Club 7  
Leap Of Faith by Delbert McClinton, Toe The Line 4

### Section 1      **Right rocking chair - right shuffle forward - pivot 1/2 turn right**

1 - 2      Step forward on right foot, recover on left foot  
3 - 4      Step back on right foot, recover on left foot  
5 & 6      Step forward right, close left, step forward right  
7 ? 8      Step forward left foot, pivot 1/2 turn right

### Section 2      **Left rocking chair - left shuffle forward - pivot 1/2 turn left**

1 - 2      Step forward on left foot, recover on right foot  
3 - 4      Step back on left foot, recover on right foot  
5 & 6      Step forward left, close right, step forward left  
7 ? 8      Step forward right foot, pivot 1/2 turn left

### Section 3      **Side rock, cross shuffle x 2**

1 - 2      Rock right to right to right side, rock on to left in place  
3 & 4      Cross right over left, step left to side, cross right over left  
5 - 6      Rock left to left side, rock on to right in place  
7 & 8      Cross left over right, step right to side, cross left over right

### Section 4      **5 step weave right, hold, 1/4 turning left sailor step**

1 - 2      Step right to right side, step left behind right  
3 - 4      Step right to right side, step left in front of right  
5 - 6      Step right to right side, hold 1 count  
7 & 8      Cross left behind right, step right 1/4 turn left, step left to left side

### Section 5      **Triple 1/2 turn left x 2 - rock step, step lock step backwards**

1 & 2      Triple 1/2 turn left, stepping right, left, right) or two triples forward  
3 & 4      Triple 1/2 turn left, stepping left, right, left)  
5 - 6      Rock forward on right foot, rock back on left foot  
7 & 8      Step back right, lock left in front of right, step back right

### Section 6      **Side, close, side, close, 1/4 turn left, rock step, coaster step**

1 - 2      Step left to left side, close right beside  
3 & 4      Step left to left side, close right beside, step left turning 1/4 left  
5 - 6      Rock forward on right, rock back on left  
7 & 8      Step back right, step left beside, step forward right

### Section 7      **Step forward, sweep 1/4 turn left, cross shuffle, slide left, rock back, recover**

1 - 2      Step forward left, sweep right leg round turning 1/4 left  
3 & 4      Cross right over left, step left to left side, cross right over left  
5 - 6      Step left long slide to left, slide right towards left (no weight)  
7 ? 8      Rock right back behind left, rock forward on to left

### Section 8      **Slide right rock back recover - slide left rock back recover**

1 - 2      Step right long slide to right, slide left towards right (no weight)  
3 - 4      Rock left back behind right, rock forward on to right  
5 - 6      Step left long slide to left, slide right towards left (no weight)  
7 ? 8      Rock right behind left, rock forward on to left

