

Hey Baby!

拍數: 48 牆數: 4 級數: Improver
編舞者: Elke Weinberger (NL) & Illona Klockner
音樂: Hey Baby - No Doubt



Start dance after 16 counts (on main vocals) at time track 00:13.

FLICK, SIT, FUNKY HIP THRUSTS, TOGETHER, SHOULDER POPS, SIDE LUNGE, RECOVER, TOGETHER, ½ RIGHT TURN, FORWARD

- & Flick left back
- 1 Tap left toes slightly forward as you sit with both knees slightly bent
- &2 Thrust and toss left hip up, recover left hip to centre
- &3 Thrust and toss left hip up, recover left hip to centre
- &4 Thrust and toss left hip up, recover left hip to centre
- & Step left beside right
- 5&6 Pop right shoulder up, pop left shoulder up, pop right shoulder up and then lunge right to right
- 7 Pushing off from right, recover to upright position with weight on left
- &8 Step right beside left, execute ½ turn right and then step left slightly forward
- Note** On counts 1-4, keep weight on right throughout and dance the hip thrusts with your most sensuous and funkier feel!

SCISSORS CROSS, TOGETHER, HIP SHAKES, SIDE SLIDE, ¾ LEFT SAILOR TURN, RUMBA BOX PATTERN

- 9&10& Step right to right, step left beside right, cross right over left, step left beside right
- 11&12 Shake hips to left, shake hips to right, slide left to left (taking a long step)
- 13&14 Step right behind left, execute ¼ turn left and then step left forward, execute another ½ turn left and then step right back
- 15&16 Step left to left, step right beside left, step left forward

SIDE CHASSES WITH HAND PUSHES, FORWARD, ½ RIGHT TURN, BACK, KNEE BOWS

- 17&18 Step right to right, step left beside right, step right to right
- 19&20 Step left to left, step right beside left, step left to left,
- 21-22 Step right forward, execute ½ turn right and then step left close beside right
- &23 Bow both knees towards left diagonal, straighten up both knees and then push hips back
- &24 Bow both knees towards right diagonal, straighten up both knees and then push hips back
- Styling** Push forward with both hands (palms facing forward) towards front right diagonal on each count 17 and 18. Similarly, push forward towards front left diagonal on each count 19 and 20.

HIP ROLL, KICK, SAILOR CROSS, ½ LEFT MODIFIED TURNING TWINKLE, CROSS SHUFFLE

- 25-26 Roll hips anti-clockwise, kick right towards right diagonal
- 27&28 Cross right behind left, step left to left, cross right over left
- 29&30 Execute ¼ turn left and then step left forward, execute another ¼ turn left and then step right to right, step left to left
- 31&32 Cross right over left, step left to left, cross right over left

½ LEFT MONETREY TURN, COASTER STEP, ½ RIGHT TURN, BACK, HEEL SWIVELS, ½ LEFT TURN, SAILOR STEP

- 33-34 Touch left toes to left, execute ½ turn left and then step left beside right
- 35&36 Step right back, step left beside right, step right forward
- 37 Execute ½ turn right and then step left back
- &38 Swivel both heels right, left
- & Swivel both heels right as you execute ½ turn left (weight ends on right)
- 39&40 Sweep left around and then step left behind right, step right to right, step left to left

CROSS ROCK, RECOVER, SIDE, TOGETHER, SIDE, ½ RIGHT TURN, TOGETHER TOUCH, SIDE TOUCH, BALL-SLIDE, TOGETHER TOUCH, SIDE TOUCH, BALL-SLIDE

- 41&42 Cross rock right over left, recover weight onto left, step right to right
43&44 Step left beside right, step right to right, execute ½ turn right and then touch left toes beside right .
45&46 Touch left toes to left, drag left toes towards right and then step on ball of left beside right, pushing off from ball of left - slide right to right (taking a long step)
& Touch left toes beside right,
47&48 Touch left toes to left, drag left toes towards right and then step on ball of left beside right, pushing off from ball of left - slide right to right (taking a long step)

REPEAT

4-COUNTS TAG: WALKING AROUND A FULL TURN LEFT WITH HAND WAVES

- 1-4 Walk forward on left, right, left, right. Curve the walk so that you will make a full turn left. Wave both hands left, right, left, right to enhance a funky feel!

At the end of the 1st rotation, add in the 4-counts tag. Then, start dancing 2nd rotation facing 9 O? Clock wall.

On the 3rd and 4th rotation, dance till the 32nd count. Add the 4-counts tag and then. start dancing 4th and 5th rotation from count &1 facing 9 O? Clock wall and 6 O? Clock wall respectively.

8-COUNTS TAG: WALKING AROUND A FULL TURN LEFT WITH HAND WAVES, MAMBO CROSS, ½ RIGHT UNWIND TURN

- 1-4 Walk forward on left, right, left, right. Curve the walk so that you will make a full turn left. Wave both hands left, right, left, right to enhance a funky feel!
5&6 Rock left to left, recover weight onto right, cross left over right
7-8 Over 2 counts, unwind ½ turn right (weight ends on right)

On the 2nd rotation, dance till the 32nd count (you will be facing 6 O? Clock wall).Add the 8-counts tag and then start dancing the 3rd rotation from count &1 facing 12 O? Clock wall.

RESTART: On the 6th rotation, dance till the 24th count and start dancing 7th rotation from count &1 facing 6 O? Clock wall.

In simple, the sequence is as follows:-

48, 4-Counts Tag, 32, 8-Counts Tag, 32, 4-Counts Tag, 32, 4-Counts Tag, 48, 24, 48, 48

You needn't have to be worried over the numerous tags and restarts, they are all indicated clearly in the soundtrack.
