

Hey Man

拍數: 64 牆數: 2 級數: Improver
編舞者: Darren Bailey (UK) - July 2010
音樂: Hey Man, What About You - Kevin Costner & Modern West



Heel Jacks X2, Cross, 1/4 R, R Coaster Step

1&2& Cross Rf over Lf, step back on Lf, touch R heel diagonally forward to R, step Rf next to Lf
3&4& Cross Lf over Rf, step back on Rf, touch L heel diagonally forward to L, step Lf next to Rf
5-6 Cross Rf over Lf, make a 1/4 R and step back on Lf
7&8 Step back on Rf, close Lf next to Rf, step forward on Rf

Walk X2, L Shuffle Forward, Rock Forward, Recover, Rock R, Recover

1-2 Step forward on Lf, step forward on Rf
3&4 Step forward on Lf, close Rf behind Lf, step forward on Lf
5-6 Rock forward onto Rf, recover onto Lf
7-8 Rock Rf to R side, recover onto Lf

Heel Jacks X2, Cross, 1/4 R, R Coaster Step

1&2& Cross Rf over Lf, step back on Lf, touch R heel diagonally forward to R, step Rf next to Lf
3&4& Cross Lf over Rf, step back on Rf, touch L heel diagonally forward to L, step Lf next to Rf
5-6 Cross Rf over Lf, make a 1/4 R and step back on Lf
7&8 Step back on Rf, close Lf next to Rf, step forward on Rf

Walk X2, L Shuffle Forward, Rock Forward, Recover, Rock R, Recover

1-2 Step forward on Lf, step forward on Rf
3&4 Step forward on Lf, close Rf behind Lf, step forward on Lf
5-6 Rock forward onto Rf, recover onto Lf
7-8 Rock Rf to R side, recover onto Lf

Sailor R, Sailor L, Behind Unwind, Rock Forward, Recover

1&2 Step Rf behind Lf, step Lf to L side, step Rf to R side
3&4 Step Lf behind Rf, step Rf to R side, step Lf to L side
5-6 Cross Rf behind Lf, unwind 1/2 turn R (weight ends on Rf)
7-8 Rock forward on Lf, recover onto Rf

Sailor L, Sailor R, Behind Unwind, Rock Forward, Recover

1&2 Step Lf behind Rf, step Rf to R side, step Lf to L side
3&4 Step Rf behind Lf, step Lf to L side, step Rf to R side
5-6 Cross Lf behind Rf, unwind 1/2 turn L (weight ends on Lf)
7-8 Rock forward on Rf, recover onto Lf

Weave To The R, 1/4 Turn R, 1/2 Turn Pivot R, 1/4 Turn R

1-2 Step Rf to R side, cross Lf over Rf
3-4 Step Rf to R side, cross Lf behind Rf
5-6 Make a 1/4 turn R and step forward on Rf, step forward on Lf
7-8 Make a 1/2 turn pivot R (weight ends on Rf), make a 1/4 turn R and step Lf to L side

Cross Toe Strut R, Toe Strut L, Heel Switches, R, L, R, L, Step Onto Lf

1-2 Touch R toe across Lf, lower R heel
3-4 Touch L to L side, lower L heel
5&6& Touch R heel forward, close Rf next to Lf, touch L heel forward, close Lf next to Rf
7&8& Touch R heel forward, close Rf next to Lf, touch L heel forward, close Lf next to Rf

Enjoy the dance!!

I would suggest fading the music out at 3:30'ish as its quite a long track, If you want to dance to the end of the track there is a break in the music towards the end, dont stop dancing and keeping keep going this is also quite fun to do, then the music will kick back in at this point you should be on section 3 or the second set of Heel Jacks.
