

# Hey Ladies

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Jennifer Choo Sue Chin (MY) - August 2011  
音樂: Hit 'Em up Style (Oops!) - Blu Cantrell



Start dance after 2x8's.

## SET 1: FORWARD STEP, KICK BALL POINT HITCH CROSS, UNWIND, SAILOR TURN

- 1-2      Take a big step LF fwd and bend body back, Step RF next to LF  
3&4&      Kick LF fwd, Step LF next to RF, Point RF to R, Hitch RF  
5-6      Cross RF over LF, Unwind ½ turn L (sharp) and sweep LF from front to back (6:00)  
7&8      ¼ turn L stepping LF behind RF, Step RF to R, Step LF diagonally fwd L (3:00)

## SET 2: CLOSE FLICK, CROSS, BACK, BACK, ROCKING CHAIR, CROSS ROCK RECOVER, CLOSE, FORWARD

- &1-2      Step RF next to LF, Step LF fwd and flick RF back with a ¼ turn L (Hit the word STYLE in chorus), Cross RF over LF (12:00)  
3-4      Step LF diagonally back L, Step RF diagonally back R (push hips back) (Lyrics: put your hands on his cash)  
5&6&      Rock LF across RF, Recover on RF, Rock LF back to diagonal L, Recover on RF  
7&8&      Rock LF across RF, Recover on RF, Step LF next to RF, Step RF fwd

## SET 3: ¼L BIG STEP LEFT, TOUCH, KICK BALL CROSS AND CROSS DIP, HITCH, BACK, BACK, ¼ SIDE ROCK

- 1-2      Execute a ¼ turn L with a big step to L pushing off RF, touch RF behind LF (9:00)  
3&4      Kick RF diagonally R, Step ball of RF next to LF, Cross LF over RF  
&5      Step ball of RF to R, Cross LF over RF with a dip (bending L Knee)  
6      Straighten L knee and hitch RF to R diagonal (10:30)

### Styling for count 6: Pop both shoulders forward when you hitch or simply punch your fists forward

- 7&      Step back on RF, Step back on LF squaring back to 12:00 (12:00)  
8&      ¼R turn rock RF to R, recover on LF (3:00)

## SET 4: BACK, FUNKY WALKS BACK, BACK ROCK RECOVER, 2 PROGRESSIVE TURNING JAZZ BOXES

- 1      Step RF back  
2      Step LF behind RF pushing L shoulder back and down  
3      Step RF behind LF pushing R shoulder back and down

### Options for counts 2-3: Mashed Potatoes

- 4&      Rock LF back, Recover on RF  
5&      Do a 1/8R turn by step LF to R diagonal (face 4:30), Do a 1/8R turn by cross RF in front of LF (face 6:00)  
6&      1/8R turn stepping LF to L back diagonal (face 7:30), Do a 1/8R turn by stepping RF to R side (face 9:00)  
7&      Do a 1/8R turn by step LF to R diagonal (face 10:30), Do a 1/8R turn by cross RF in front of LF (face 12:00)  
8&      1/8R turn stepping LF to L back diagonal (face 1:30), Do a 1/8R turn by stepping RF to R side (face 3:00)

Styling: Push hips forward on count 5, Push hip to left on count &, Push hips back on count 6, Push hip to left on count &, Repeat the hip rolling motion for 7&8&. Think this as a "drunken jazz box"?

Repeat Again and Enjoy the Beats!

## TAG (To be danced after 3rd wall facing (9:00))

- 1-4      Walk ¾L to face the front wall again, LF, RF, LF, RF

