

Hey-O

拍數: 80 牆數: 1 級數: Phrased Intermediate
編舞者: Patrick Latendresse (CAN) - April 2012
音樂: Hey-O - Johnny Reid : (CD: Dance with Me)



Orders parts: ABBC-ABBCDD-ABCCCD-AAAA

A: TOE, HEEL, HIP SHAKE

- 1-2 Touch right toes forward, step down on right heel
- 3-4 Touch left toes forward, step down on left heel
- 5-6 Step right to side lightly forward with hip shake to right, hip shake to left
- 7-8 Hip shake to right, hip shake to left

ROMPS, HOLD, ROMPS WITH ¼ TURN RIGHT

- &1-2 Step backward on right (&), touch left toes forward, hold
- &3-4 Step backward on left (&), touch right toes forward, hold
- &5 Step backward on right (&), touch left toes forward
- &6 Step backward on left while turning ¼ turn right (&), touch right toes forward
- &7 Step backward on right (&), touch left toes forward
- &8 Step backward on left (&), touch right toes forward

TOE, HEEL, HIP SHAKE

- 1-3 Touch right toes forward, step down on right heel
- 3-5 Touch left toes forward, step down on left heel
- 5-7 Step right to side lightly forward with hip shake to right, hip shake to left
- 7-9 Hip shake to right, hip shake to left

ROMPS, HOLD, ROMPS WITH ¼ TURN LEFT

- &1-2 Step backward on right (&), touch left toes forward, hold
- &3-4 Step backward on left (&), touch right toes forward, hold
- &5 Step backward on right (&). Touch left toes forward
- &6 Step backward on left (&), touch right toes forward
- &7 Step backward on right while turning ¼ turn left (&), touch left toes forward
- &8 Step backward on left (&), touch right toes forward

B: RIGHT VINE, SCUFF, LEFT WINE

- 1-2 Step right to side, cross left behind right
- 3-4 Step right to side, hit left heel beside right
- 5-6 Step left to side, cross right behind left
- 7-8 Step left to side, touch right beside left

STEP F, CLAP, TOUCH, CLAP, STEP B, TOUCH, CLAP, STEP B, CLAP

- 1-2 Step right diagonal right, touch left beside right and clap hands at the same time
- 3-4 Step left backward, touch right beside left and clap hands at the same time
- 5-6 Step backward right, touch left beside right and clad hands at the same time
- 7-8 Step right forward, touch right beside left and clap hands at the same time

Repeat B part one more time

C: LOOK TO THE LEFT, TWIST, LOOK TO THE RIGHT

- 1-2 The singer will say look to the left, then you look that direction
- 5&6& Twist both feet to the left, come back to the middle (&), twist to the left, come back in the middle (&)

7-8 The singer will say look to the right, then you look to the right

SWIVELS

1-2 Open both heel out, close both feet
3-4 Open both feet out, close both feet
5-6 Open both heel out, close both feet
7-8 Open both feet out, close both feet

Dance parts ABBC

D: RIGHT WINE, STEP TOUCH, STEP, TOUCH

1-2 Step right to side, cross left behind right
3-4 Step right to side, touch left beside right
5-6 Step left to side, touch right beside left
7-8 Step right to side, touch left beside right

LEFT WINE, STEP TOUCH, STEP, TOUCH, STEP, TOUCH

1-2 Step left to side, cross right behind left
3-4 Step left to side, touch right beside left
5-6 Step right to side, touch left beside right
7-8 Step left backward, touch right beside left

Repeat D part one more time

Dance parts ABCCD-AAAA
