

Hey Now

拍數: 32 牆數: 4 級數: Beginner
編舞者: Christine Stewart (NZ) - July 2012
音樂: Aiko Aiko - Kurt Darren : (Album: Staan Op - 2:49)



Intro: 16 counts. Begin with weight on Left foot. - No Tags. 1 Restart.

CROSS SAMBA, CROSS SAMBA, JAZZ BOX ¼ TURN RIGHT

1&2 Cross Right over in front of Left, rock/step Left sideways left, rock/step Right sideways right
3&4 Cross Left over in front of Right, rock/step Right sideways right, rock/step Left sideways left
5-8 Cross Right over in front of Left, step Left back, turn ¼ right and step Right sideways right,
step Left slightly forward (3:00)

Restart here facing 9:00 during wall 3.

Ending: Here on wall 10.

MAMBO FORWARD, MAMBO BACK, MONTEREY ¼ TURN RIGHT

1&2 Rock/step Right forward, rock/step back on Left, step Right back
3&4 Rock/step Left back, rock/step Right forward, step Left forward
5-8 Point/touch Right sideways right, turn ¼ right on ball of Left, step onto Right beside Left,
point/touch Left sideways left, step onto Left beside Right (6:00)

MAMBO FORWARD, COASTER BACK, SHUFFLE FORWARD, PIVOT ¼ RIGHT

1&2 Rock/step Right forward, rock/step Left back, step Right back
3&4 Step Left back, step onto Right beside Left, step Left forward
5&6 Step Right forward, step onto Left beside Right, step Right forward
7-8 Step Left forward, turn ¼ right on balls on both feet transferring weight onto Right (9:00)

CROSS SHUFFLE, ¼ RIGHT SHUFFLE FORWARD, ¼ RIGHT SIDE SHUFFLE, ROCK BACK, RECOVER FORWARD

1&2 Cross Left over in front of Right, step Right sideways right, cross Left over in front of Right
3&4 Turn ¼ right and step Right forward, step onto Left beside Right, step Right Forward
5&6 Turn ¼ right and step Left sideways left, step onto Right beside Left, step Left sideways left
(3:00)
7-8 Rock/step Right back and slightly behind Left, recover forward onto Left

Ending: wall 10 which starts facing 3:00.

To finish facing the front, change counts 5-8 as follows:-

Cross Right over in front of Left, step Left back, turn ½ right and step Right forward, turn ¼ right and step Left sideways left