

Hey-O

拍數: 80 牆數: 2 級數: Intermediate
編舞者: The JD five (UK) - January 2013
音樂: Hey-O - Johnny Reid : (Album: Dance with Me)



32 count Intro

(Section 1) Kick, Kick, Touch, Kick, Touch, Kick, Behind Side Cross

1 2 Kick Right foot across Left, Kick Right to Right Diagonal
3 4 Touch Right behind, Kick Right to Right Diagonal
5 6 Touch Right behind, Kick Right To Right Diagonal
7&8 Step Right behind Left, Step Left to Left side, Cross Right over Left

(Section 2) Kick, Kick, Touch, Kick, Touch, Hitch, Behind side cross

1 2 Kick Left foot across Right, Kick Left to Left Diagonal
3 4 Touch Left behind, Kick Left to Left Diagonal
5 6 Touch Left behind , Hitch Left knee to Diagonal
7&8 Step Left behind Right, Step Right to Right side, Cross Left over Right

(Section 3) Rock, Recover, Hitch, Cross, Side, Behind, ½ Turn, Hold

1 2 Rock out to Right Side, Recover onto Left
3 4 Hitch Right across Left, Cross Right over Left
5 6 Step Left to Left side as you dip, Slide Left foot behind Right keeping weight on Right foot
7 8 Unwind ½ turn Left transferring weight to Left, Hold (6.00)

(Section 4) Side, Shimmy ¼ Turn

1 Step Right to Right side
2-8 With feet apart and knees bent, Shimmy shoulders as you begin a slow turn ¼ left over 7 counts transferring the weight onto the left foot (3.00)

(Section 5) Side, Hold, Rock Recover, Side, Hold, Rock Recover

1 2 Step Right to side, Hold
3 4 Rock Left behind Right, Recover onto Right
5 6 Step Left to Left Side, Hold
7 8 Rock Right behind Left, Recover onto Left

(Section 6) Side with ¼ turn, Hold, Rock Recover, Side, Hold, Rock Recover

1 2 Step Right to Right side as you make a ¼ turn Left, Hold (12.00)
3 4 Rock Left behind Right, Recover onto Right
5 6 Step Left to Left side, Hold
7 8 Rock Right behind Left, Recover onto Left

Restart: wall 3

(Section 7) Dwight swivels, Rock Recover, Side Rock

1 Swivel Left heel Right touching Right toe beside Left foot
2 Swivel Left toe Right touching Right heel diagonally forward Right
3 Swivel Left heel Right touching Right toe beside Left foot
4 Step Right To Right Side
5 6 Rock Left Behind Right, Recover onto Right
7-8 Rock out to Left Side, Recover onto Right

(Section 8) Dwight swivels, Rock Recover, Side Rock

1 Swivel Right heel Left touching Left toe beside Right foot

- 2 Swivel Right toe Left touching Left heel diagonally forward Left
- 3 Swivel Right heel Left touching Left toe beside Right foot
- 4 Step Left To Left Side
- 5 6 Rock Right Behind Left, Recover onto Left
- 7-8 Rock out to Right Side, Recover onto Left

(Section 9) 1/4 Left, hold, 1/2 Right, Hold

- 1-4 Make 1/4 turn Left pointing Right toe back, Hold for 3 counts (9.00)
- 5-8 Make 1/2 turn Right rolling right knee, Hold for 3 counts (3.00)

(Section 10) Hip Rolls with 1/2 turn left, Cross Unwind 1 1/4 turn Left

- 1-4 Roll Hips twice anticlockwise making 1/2 turn left transferring weight onto Left foot (9.00)
- 5-8 Cross Right over Left and unwind 1 1/4 turn Left keeping weight on Left Foot (6.00)

TAG 1: 32 counts. Danced at the end of wall 4

Repeat the Last 16 counts of the dance (Section 9 and 10) then add on the following 16 counts

Chasse Right, Rock Recover, Chasse Left, rock Recover,

- 1&2 Step Right to Right side, Close Left to Right, Step Right To right side (12.00)
- 3 4 Rock Left behind Right, recover onto Right.
- 5&6 Step Left to Left Side, Close Right to Left, Step Left To Left side
- 7 8 Rock Right Behind Left, recover onto Left

Right Shuffle, Step Pivot Left Shuffle, Step Pivot

- 1&2 Step Right Forward, Close Left to right, Step Right Forward
- 3 4 Step Left forward, Pivot 1/2 Turn Right (6.00)
- 5&6 Step Left foot Forward, Close Right to Left, Step Left Forward
- 7 8 Step Right Forward, Pivot 1/2 turn Left (12.00)

Wall 5: Only dance 64 Counts (Section 8) then dance the last 16 counts of the Tag and Restart the dance again

Enjoy

Contact E-mail: mercuryldance@gmail.com
