

Hey Ho

拍數: 32 牆數: 4 級數: Improver
編舞者: Aiden Fryer (UK) - July 2013
音樂: Ho Hey - The Lumineers



Start dance Start on vocal. 16 counts

HEEL AND HEEL AND HEEL HOOK HEEL TOUCH, SIDE BEHIND, SIDE CROSS, STEP ¼ STEP TOUCH

1&2& Right heel, together, left heel together
3&4& Right heel forward, hook right above left knee, step down on right foot, touch right next to left
5&6& Step right to right side, left behind, right side, cross left over right
7&8& Rock right to right side, make ¼ to right stepping left foot forward, step on right foot , touch left next to right.

SIDE TOUCH SIDE, COASTER STEP, STEP FORWARD TOUCH, BACK TOUCH, BACK HOOK

1&2 Step left to left side, touch right next to left, step right to right side
3&4 Left coaster step, stepping back on left, bring right next to left, step left forward
5&6& Step right forward, touch left next right, Step left behind, touch right next to left,
7& step right behind left and hook left above right knee

LEFT SHUFFLE STEP, STEP ½ STEP, ½ ¼ RHUMBA BOX.

8& 1 Left shuffle forward, stepping left forward, bring right to left, step left forward.
2&3 Step Right forward forward, make ½ over left shoulder, step on left, step on right
4 Make ¼ stepping on left foot over right shoulder
5&6 Make ¼ turn over right shoulder, stepping on right foot, into a side together, forward, bring left foot to right, stepping on right foot forward.
7&8 Side together back , stepping left to left side, right next to left, stepping back on left foot.

RIGHT FORWARD ROCK , SWEEP INTO SAILOR ½, ROCK FORWARD RECOVER, BEHIND ¼ TURN RIGHT

1-2 Rock forward on right recover on left
3&4 Sweep right foot into a ½ over right shoulder, stepping right left right
5-6 Rock forward left, stepping back on right
7&8 Stepping back on left, make ¼ right stepping on right, stepping on left.

Restart on 1st wall after counts 28

Wall 2 after 24 counts

Wall 3 Dance up to 10 counts, then dance last 8 counts of the dance, repeat the last 6 counts of the dance and change counts 7-8 to a LEFT COASTER STEP and RESTART.

END OF DANCE

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