

Hey, Hey, Hey

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - June 2013
音樂: Hey Hey Hey (Pop Another Bottle) (feat. Swift K.I.D & Dev) (Original Radio
Remix) - Laurent Wery : (Album: Fitness Beats, The Running Mix 2013 - iTunes)



Starts after 32 Counts.

Side Rock & Side, 1/2 Hinge, Sailor Step & Side, Cross 1/8.

1-2 Rock Left to Left side, recover on Right.
&3 Step Left next to Right, step Right to Right side.
4 Make 1/2 turn to Right stepping Left to Left side. (Hinge)
5&6 Cross step Right behind Left, step Left to Left side, step Right to Right side.
&7 Cross step Left behind Right, step Right to Right side.
8 Make 1/8 turn to Right as you step left forward & across Right. (7:30)

Out, Out & Together, Step, 5/8 Flat Foot Paddle Turn (With Hips).

1-2 Step forward & out on Right, step forward & out on Left.
&3 Step Right back to centre, step Left next to Right.
4 Step forward on Right. (7:30)
5&6 Make 1/4 turn to Right touching Left (flat foot) to Left side as Left hip pushes out (10:30),
return hips back to centre, 1/8 turn to Right touching Left (flat foot) to Left side as Left hip
pushes out. (12:00)
&7 Return hips back to centre, 1/8 turn to Right touching Left (flat foot) to Left side as Left hip
pushes out. (1:30)
&8 Return hips to centre, Make 1/8 turn to Right stepping Left to Left side. (3:00)

Step, Lock & Step, Stomp, Rock & Rock & Rock & 3/8.

1-2& Step Right forward diagonal Right, lock Left behind Right, step Right forward diagonal Right.
(4:30)
3-4 Step Left forward diagonal Left (2:00), stomp Right forward diagonal Right. (4:30)
5&6& Rock forward on Left, recover on Right, rock back on Left, recover on Right. (4:30)
7&8 Rock forward on Left, recover on Right, make 3/8 turn to Left stepping forward on Left.
(12:00)

Walk 1/2 Circle Turn, Rock & Cross & Step, Cross.

1-4 Make 1/8 turn to Left stepping forward on Right, 1/8 turn Left stepping forward on Left, 1/8
turn Left stepping forward on Right, 1/8 turn Left stepping forward on Left. (semi-circular)
(6:00)
5&6 Rock to Right side on Right, recover on Left, cross step Right over Left.
&7-8 Rock to Left side on Left, recover on Right, **R** (Walls 1 and 5) cross step Left over Right.

1/4 Hold & Walk, Walk, Side, 1/4, 1/4, 1/4.

1-2 Make 1/4 turn to Right stepping forward on Right, Hold. (9:00)
&3-4 Step Left next to Right, walk forward Right-Left.
5-6 Step Right to Right side, make 1/4 turn to Left stepping Left to Left side. (6:00)
7-8 1/4 turn to Left stepping Right to Right side, 1/4 turn to Left stepping Left to left side. (12:00)

Kick & Slide, Kick & Slide, Touch, Touch, 1/4, Together.

1&2 Kick Right forward, step Right next to Left, slide Left toe back. (Right knee bends & body dips
slightly)

- 3&4 Kick Left forward, step Left next to Right, slide Right toe back. (Left knee bends & body dips slightly)
- 5-6 Touch Right toe forward across Left, touch Right toe to Right side.
- 7-8 Make 1/4 turn to Right taking weight forward onto Right, step Left next to Right. (3:00)

Back, Back, Back, 1/2, Step, Touch & Touch & Touch Out, Out.

- 1-2 Step back on Right, step back on Left.
- &3-4 Step back on Right, make 1/2 turn to Left stepping forward Left, step forward on Right.
- 5&6 Touch Left toe forward, step back on Left, touch Right toe forward.
- &7 Step back on Right, touch Left toe forward.
- &8 Step back & out on Left, step out on Right.

Sailor Step, Sailor 1/4, Rock Step, Side, Behind.

- 1&2 Cross step Left behind Right, step Right to Right side, step Left to left side.
- 3&4 Cross step Right behind Left, make 1/4 turn to Left stepping forward on Left, step Right to Right side. (6:00)
- 5-6 Cross rock Left behind Right, recover on Right.
- 7-8 Step Left to Left side, cross step Right behind Left.

****R** Restart Wall 1 & Wall 5**

Dance Up To & Including Count 7 (31) Section 4... Then Change Count 8 (32) To... Hitch Left Knee Keeping Weight On Right... Then Begin Dance Again From Count 1
